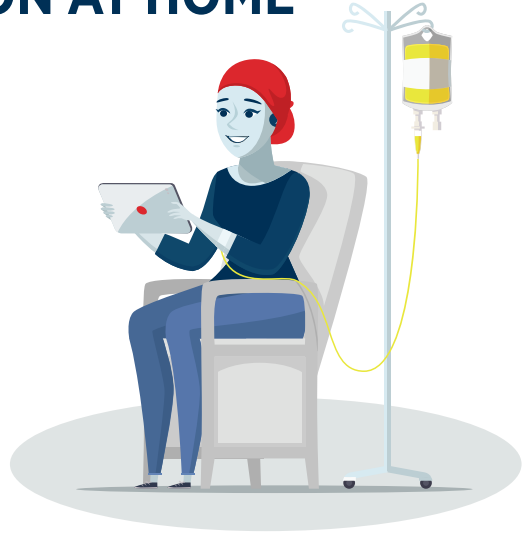


SAFE HANDLING OF CHEMOTHERAPY MEDICATION AT HOME

IMPORTANT TIPS TO REMEMBER:

- Always read the medicine labels and follow the dosing instructions carefully.
- Always read your medicine labels to see if the medicine should be kept in the refrigerator or away from light.
- Decant your pill or other medication into a small cup instead of your hands.
- Do not chew your tablet or pill. Instead, swallow tablets or capsules whole unless you are instructed otherwise.
- If you are unable to swallow your medication you should ask your pharmacist or doctor if your tablets or pills may be dissolved in liquids or crushed before you drink it.
- Do not cut or crush chemotherapy in areas located near ceiling fans or vents to prevent the medication from being blown away.
- Cover your work surface with a piece of disposable plastic before crushing or cutting your tablets and pills. This will protect the surface from spills and make it easier to clean.
- If you have missed a dose of medication you should take it as soon as you remember, unless it is almost time to take your next dose. Do not take double doses. Do not dispose of chemotherapy medication in household trash, return any unused chemotherapy to your pharmacy for safe disposal.
- Wash your hands before and after handling chemotherapy medicines.
- Clean and wash the surfaces you have used to prepare your medicine.
- Store your chemotherapy medication in a safe place. Medication should be kept out of reach of children and pets and away from any food or medicine that will be consumed by other members of your household or family.
- Do not store chemotherapy medication in your bathroom as the high humidity may damage the medication and change the composition.
- Seal your medication in a plastic bag when travelling to avoid spills.
- After visiting the restroom, put the toilet seat down and flush the toilet twice.



For more information about Life Oncology's treatment options visit www.lifehealthcare.co.za or contact your nearest healthcare provider.

