

## Safe Handling of Body Fluids at Home

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Small amounts of your cancer treatment medicines may be in your body fluids for several days. Examples of these body fluids include saliva, mucus, blood, urine (pee), bowel movements (poop), vomit and those from sex. Since these medicines can also harm healthy cells, it is best if you and other people aren't exposed to them. This handout lists safety measures to help prevent contact with your body fluids at home.



Follow these guidelines **for 7 days** after each IV cancer treatment.  
**If you take cancer treatment pills**, follow these guidelines at all times, even if you take a break from oral cancer treatment. When you are done taking all of your treatment, follow these guidelines for 7 days after your last dose.

### Basic guidelines for handling body fluids

- Try to handle your own body fluids when you can. You and your caregivers should wear nitrile gloves when cleaning up body fluids or items that hold body fluids such as soiled laundry or a basin for vomit.
- Don't let pregnant women or children touch body fluids or items that may contain these fluids.
- Wash hands with soap and water after wearing gloves or touching body fluids or soiled items. Don't use gloves with holes or tears.
- Turn gloves inside out when taking them off – try not to touch the outside of the gloves. Place used gloves in a sealed bag and throw away after one use. Wash hands with soap and water after gloves are off.



### In the bathroom

- Wash hands well with soap and water after using the bathroom. Don't touch other items or surfaces until after you wash your hands.
- If you can, use your own bathroom. If you can't use your own bathroom, wipe the toilet seat and rim with a sanitizing wipe after each use. After cleaning, wash your hands with soap and water before touching anything. 7 days after your last treatment, wash the toilet and bathroom floor.
- If you have a low flow toilet, put the lid down and flush the toilet twice. This helps make sure body waste isn't left in the toilet.
- Sit on the toilet to avoid splashing. Wear gloves when cleaning a bedpan or urinal, using soap and water after each use.



## Washing items soiled with body fluids

- Wash items soiled with body fluids in a washing machine right away.
- Don't wash soiled items with other clothing. Put soiled items through the wash cycle twice using hot water and detergent.
- If you don't have access to a washing machine, placed soiled items in a sealed plastic bag until you can wash them.
- If you can, handle your own soiled items. If other people touch them, they should wear gloves. Wash clothing or skin that comes in contact with soiled items.



## If you throw up

Wear gloves if you clean up vomit or empty a basin. Wash basin with soap and water after each use.

## If you don't have control of your bladder or bowels

Use throw-away plastic backed pads or diapers to absorb urine or bowel movements. Wear gloves and change these items right away if they are soiled. Wash soiled skin gently with soap and water. Place soiled diapers, plastic-backed pads and gloves in their own bag before putting in the trash.

## Sex

After getting cancer treatment, small amounts of your medicines may be in vaginal fluid or semen. We do not know if these medicines can harm a sexual partner. To help protect your partner, we recommend that you use a barrier during any type of sex.

## If you have an ostomy

Wear gloves when emptying or changing ostomy bags. Ostomy supplies that can be thrown away, such as the bags or gloves, should be put in their own bag before putting them in the trash.

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**If you take cancer treatment pills or get IV cancer treatment in your home, you need to follow extra safety guidelines.** Talk with your doctor or nurse to learn more.

This info is a general resource. It is not meant to replace your provider's advice. Ask your doctor or health care team any questions. Always follow their instructions.