

8. Return any unused tablets/ casuals to your local hospital pharmacy or community pharmacy for proper disposal.

Do not flush tablets or capsules down the toilet or throw into rubbish bin.

9. If you take too many tablets by mistake contact your Medical Oncologist or local Emergency Department for advice.



**Grampians Integrated
Cancer Service (GICS)**

Grampians Integrated Cancer Service (GICS)
PO Box 577
Ballarat Vic 3353
Phone: (03) 53 20 4782 Fax: (03) 53 20 4076
Web: www.gics.com.au



**Grampians Regional
PALLIATIVE CARE TEAM**

Ph: 03 5320 3553

www.grampianspalliativecare.com.au

Your Information

General Practitioner

Phone: _____

Medical Oncologist

Phone: _____

Pharmacist

Phone: _____

Chemotherapy Unit

Phone: _____

Cancer Care Nurse

Phone: _____

District Nurse

Phone: _____

Community Health Centre

Phone: _____

Emergency Department

Phone: _____



**Grampians Integrated
Cancer Service
(GICS)**

Chemotherapy Safety in the Home

A Patient Guide to Oral Chemotherapy



As part of your treatment plan your Doctor may prescribe chemotherapy (cancer drugs) to be taken at home in the form of oral tablets or capsules.

The chemotherapy tablets or capsules have some special precautions. The following is a list of precautions you need to take.

Precautions – general

1. Flush the toilet twice for 5 days after you have had chemotherapy.
2. Wear rubber gloves to clean up any spills e.g. urine, faeces and vomit.
3. Wear disposable rubber gloves to handle linen, cleaning cloths or clothing that is contaminated by urine, faeces, or vomit.
4. Wash this linen, cleaning cloths or clothing in your washing machine once on a long cycle. You don't need any special type of washing detergent.

5. It is recommended that any one who is pregnant or breastfeeding does not handle any waste products. Try to get someone else to do it.

6. Place the rubber gloves in a plastic bag. Tie up the bag and put into the rubbish bin.

7. Wash your hands well with soap and water.

Make sure you read and understand the drug information leaflet for your chemotherapy. If unsure ask your pharmacist or health care professional.

Precautions – tablets and capsules

1. Keep out of reach of children and store as directed by your pharmacist.
2. Wash your hands well with soapy water before and after handling your chemotherapy medication.
3. If someone else is giving you the chemotherapy tablets or capsules they should not touch them. They could tip them into a medicine cup or wear disposable gloves.

4. If you cannot swallow or tolerate your tablets or capsules contact your doctor.

Chemotherapy tablets or capsules must be swallowed whole. Do not open capsules crush or chew tablets.

5. If you vomit after taking your chemotherapy tablet/capsule, do not take another dose. Contact your doctor. Whenever possible vomit into a bowl. Clean the bowl thoroughly with water after use and do not use it for anything else until cleaned with soap and water.

6. If anti nausea medication is required, this should be taken approximately thirty (30) minutes prior to the administration of oral chemotherapy unless otherwise instructed by your Medical Oncologist.

Chemotherapy medication must only be taken by the person for whom it has been prescribed.

7. Make sure you know how many chemotherapy tablet/casuals to take for the course of treatment including when to start and when to stop.