

Patient handout

At-home guidance: the first 48 hours

Practical guidance for patients and caregivers on household contamination control for the first day or two after alpha therapy.

Why these steps matter

A small amount of the medicine leaves your body through urine in the first day or so. These steps keep that from spreading to other people in your household. They are simple and short-term.

Bathroom

- Use a dedicated bathroom for the first 24–48 hours where possible.
- Sit down to use the toilet.
- Flush twice.
- Wash hands thoroughly with soap and water.
- Wipe up any splashes right away.

Sleeping & close contact

- Sleep separately from a pregnant partner or young child for the period your team specified.
- Brief hugs are fine. Prolonged very close contact (cuddling, co-sleeping) should wait.

Laundry & dishes

- Wash any laundry that may have urine on it separately.
- Regular dishwashing is fine.

If something spills or you're unsure

Don't panic. Wipe it up with a paper towel, bag the towel, wash your hands, and call the number on your discharge sheet.