

Laundry guidelines

Infection Control



ADVICE TO RELATIVES/FRIENDS LAUNDERING PATIENTS' PERSONAL CLOTHING IN A DOMESTIC WASHING MACHINE

NHS Lanarkshire appreciates that dealing with soiled clothing may be distressing for you and your relatives. Therefore we have produced this leaflet to give you guidance on how to launder soiled clothing. If you need any further information, please do not hesitate to contact ward staff.

Is there a risk of infection to me or my family if I take the clothing home from hospital?

The risk of infection to you and your family will be low, but the information in this leaflet will help you handle the clothes safely. Hospital clothing can also be made available for your friend/relative to wear to avoid accidentally soiling their own clothing. This will be laundered at the hospital laundry.

How will I carry the clothing home?

- ❖ Staff will put your relative's/friend's clothing into a water soluble bag that can go straight into your washing machine. The bag will split open automatically.
- ❖ You should not be able to see what is in the water soluble bag from the outside. However, just to make sure, staff will put the water soluble bag into another plastic bag for you to take the soiled clothing home.
- ❖ You can bring your own extra plastic bag into hospital if you wish. If you do this, make sure there are no other things in it, for example food.
- ❖ Remember only the water soluble bag should go into your washing machine. The other bag(s) should be put out to be collected with your household waste.

What if my relative or friend has an infection and I have been given their clothing to take home?

Staff will give you extra advice, for example they may tell you to use a higher washing temperature than you would normally. For example wash clothes at 60°C rather than 30 - 40°C.

Is there ever a situation when I should not take clothing home?

If the clothing is very soiled staff may recommend that you use the hospital laundry, if available, or that the clothes are destroyed. With your relative's/friend's permission this can be arranged for you.

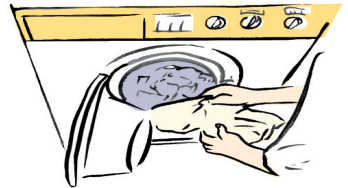
How should I handle the clothing I take home?



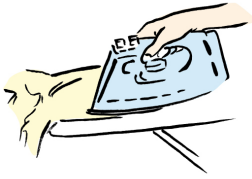
Step 1: Take the items home in the clothing bags provided and wash them as soon as possible. Wash the clothing separately from your other laundry.

Step 2: Remove the water soluble bag from the other plastic bags, and place directly into the washing machine.

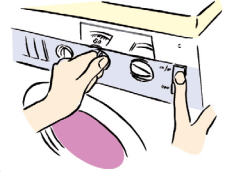
- ❖ Wash your hands thoroughly with soap and water.
- ❖ Add your normal washing powder/detergent.
- ❖ The soluble tape and seam will dissolve during the wash cycle. For thermal disinfection the hotter the temperature the better. However the water soluble bag will open automatically at any temperature.
- ❖ At the end of the wash cycle the bag must be removed and placed in the domestic waste.
- ❖ Wash your hands thoroughly with soap and water.



Step 3: Where possible tumble dry and iron the clothing with a hot steam iron. The heat from the tumble drying and ironing will



help to kill off bacteria that the wash cycle may have missed. If this is not possible, dry and iron the clothes as you would normally.



This booklet is available upon request in alternative formats and written versions are available in Urdu, Mandarin, Polish and Braille.

Please contact the General Enquiry Line on **08453 130 130** for further information.

這小冊子備有中文譯本，
請聯絡辦事處索取。

Ta ulotka jest również dostępna w języku polskim.

یہ کتابچہ اردو میں دستیاب ہے، برائے مہربانی جنرل آفس سے رابطہ کریں۔

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