



Care of Your Fistula or Graft

GO!



Check for a thrill at least once every day.

Before dialysis:

- Wash your hands and your access with warm water and antibacterial soap.

After dialysis:

- Hold your own needle sites wearing gloves for 10 – 15 minutes.
- Avoid wrapping tape all around your access arm.
- Take the gauze off 4 – 6 hours after your dialysis treatment.
- If your fistula or graft starts to bleed after dialysis, apply pressure. If the bleeding does not stop, keep applying pressure and go to emergency.

CAUTION!



Do NOT allow anyone to take a blood pressure, put an IV, or draw blood on your access arm

Avoid scratching or picking scabs on your access arm.

Avoid things that might reduce the blood flow or damage your access.

STOP!



Call your kidney doctor (nephrologist) or dialysis unit if....

- You can't feel a thrill.
- There is new redness, warmth, swelling, or pain in your access arm or oozing from your access.
- You are feverish, and have any of the above symptoms.



BC Renal Agency
An agency of the Provincial Health Services Authority

For more information, including a series of patient teaching pamphlets on vascular access, go to the BC Renal Agency website: www.bcrenalagency