

**What do I need to watch for?**



- \* Pain**
- \* Swelling**
- \* Hot**
- \* Oozing**
- \* Fever**
- \* Redness**
- \* Bleeding**

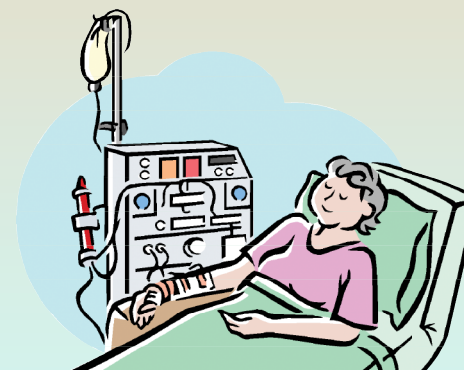
Call the dialysis unit or your kidney doctor right away.

## **Dialysis units and other numbers**

Royal Columbian	604-520-4582
TriCities	604 777-8730
Surrey Memorial	604 585-5923
Newton	604 587-3750
Panorama Ridge	778 571-3106
Abbotsford Community	604 557-2970
Abbotsford Regional	604 851-4771
Kidney Doctor (after hours)	604 527-4835
Access Nurse	604 587-7640
	Cell: 604 366-1306
Royal City Centre	
Community Diaysis Unit	604-549-6310

***Dialysis and the  
Care of your***

# **Fistula/ Graft**



***It is your lifeline!***

## How do I keep my fistula / graft healthy?

- ◆ Wash arm with soap and water daily.
- ◆ Do not pick off scabs.
- ◆ No IVs.
- ◆ No blood tests.
- ◆ No blood pressure on access arm.
- ◆ No tight clothes or jewelry.



- ◆ Lifting is okay. DO NOT cut off blood flow.

Check your fistula or graft every morning and night for a thrill (buzz). In a graft, you will feel a strong pulse.



## What do I do if I don't feel the thrill?

Call the dialysis unit or kidney doctor right away.

## Can I still use my arm?

Yes, you can do most things you did before.

Ask your kidney doctor about contact sports.

## Before Dialysis

Wash your arm before your needles are put in.



Change needle spot each time.

*Will the needles hurt?*

Yes a little, but we can numb the skin by using a special cream or using some freezing.



## After Dialysis

Learn to hold your own needle spots. Always wear gloves for holding your bandage.

*How do I stop the bleeding?*

Use two fingers to press gently, for 10 minutes. Press only at the needle spot and just above.

*How long do I leave the bandage on? Remove it 4-6 hours after your dialysis.*



## At home

*What do I do if it starts bleeding at home?*

Use clean gauze/cloth and PRESS FOR 10 MINUTES.

When bleeding stops, tape the gauze in place for 4-6 hours (DO NOT wrap tape all the way around arm.)

If it does not stop bleeding go to Emergency.

Tell your kidney nurse this happened.