

## When will I get the results?

The radiologist can tell you whether the procedure was completed successfully. To find out the results from the procedure, make an appointment with the doctor who asked for this test.

## When to get help?

Go to the nearest Emergency Department or call 9-1-1 if you have any of the following:

- Uncontrolled bleeding at access site
- Coolness of the hand and change in color of the skin (bluish, grey or white)
- Numbness in the hand
- Chest Pain
- Shortness of breath

## HealthLinkBC

8-1-1

Call any time you have any questions or concerns. HealthLinkBC is open 24 hours.

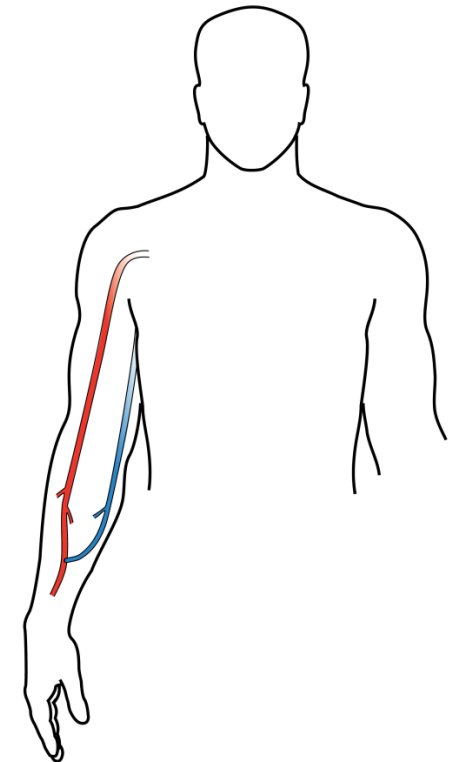
Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

## Locations

<b>Abbotsford-Regional Hospital</b> Medical Imaging 2 <sup>nd</sup> Floor, Fraser Wing 32900 Marshall Road, Abbotsford	604-851-4866
<b>Burnaby Hospital</b> Medical Imaging, 3 <sup>rd</sup> Floor 3935 Kincaid Street, Burnaby	604-434-4211
<b>Royal Columbian Hospital</b> Medical Imaging, Columbia Tower 330 E. Columbia Street, New Westminster	604-520-4640
<b>St. Mary's Hospital</b> Medical Imaging 5544 Sunshine Coast Hwy, Sechelt	604-885-8608
<b>St. Paul's Hospital</b> Medical Imaging, 2 <sup>nd</sup> Floor, Providence Building 1081 Burrard Street, Vancouver	604-806-8006
<b>Surrey Memorial Hospital</b> Medical Imaging, 1 <sup>st</sup> Floor, Lower Level 13750 96 <sup>th</sup> Avenue, Surrey	604-588-3308
<b>UBC Hospital</b> Medical Imaging, Main Floor 2211 Westbrook Mall, Vancouver	604-822-7076
<b>Vancouver General Hospital</b> GI/GU Department, Jim Pattison Pavilion Station 5, Ground Floor 855 West 12 <sup>th</sup> Avenue, Vancouver	604-875-4111 Ext 68612



# Fistuloplasty



Follow-up Instructions/Appointment:

[www.fraserhealth.ca](http://www.fraserhealth.ca) – [www.vch.ca](http://www.vch.ca)

This information does not replace the advice given to you by your healthcare provider.

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## What is a Fistuloplasty?

A fistuloplasty (sounds like *fiss-to-low-plas-tee*) is a procedure to open up the narrowed blood vessel making up the fistula. We insert and slowly inflate a special balloon to slowly stretch the blood vessel. This improves blood flow, resulting in improved hemodialysis.

## Who does the Fistuloplasty?

It is done by a radiologist (a doctor who specializes in image guided procedures).

## Can I bring a relative or friend?

Yes, they can stay with you before and after the procedure. However, for reasons of safety and regulations, they cannot be in the room during the procedure. We will tell you where family members can wait.

## What happens before the procedure?

Our Medical Imaging Department contacts you with specific instructions on how to prepare for this procedure.

**You must arrange for a 'responsible adult' to drive or accompany you home after this procedure.**

## How long will it take?

Plan to be at the hospital for at least 3 hours. It takes about 1 hour for the procedure and up to 2 hours to recover.

## What happens during the procedure?

- We start an intravenous in the arm without the fistula so we can give pain and other medicines to relax you if you need it.
- You lie on your back on the x-ray table with your arm extended.
- We clean your arm with sterile solution and cover it with sterile drapes.
- The radiologist injects numbing medicine to 'freeze' the area where the needle goes through the skin.
- Using the special needle, the radiologist enters your fistula and locates the narrowed area. Once in position, the balloon is slowly inflated.
- To confirm the procedure opened up the blood vessel, we inject X-ray dye and take an X-ray.
- Once the needle is removed, we put light pressure over the area to stop any bleeding. Sometimes a stitch is needed to close the wound and prevent bleeding.

## Does it hurt?

It might sting or burn as the numbing medicine is injected. You might feel some pain or discomfort as the balloon is inflated. This should go away once the balloon is deflated. Tell us if you are having pain so we can give you pain medicine.

## What happens afterwards?

We move you to our recovery area where you are looked after by a nurse. Most people stay in bed for an hour or so, especially if we gave pain medicine. During this time, you must lie quietly with your arm straight.

At home, **do not** do anything strenuous with your arm for the next 1 to 2 days.

If we put in a stitch, it will be removed within a week at your dialysis appointment.

## Are there any risks or complications?

There is a small chance the procedure does not open up the blood vessel enough. If this happens, a tiny tube might have to be put in place permanently.

Other possible complications include:

- bleeding and/or rupture of the vessel (a rupture could result in fistula failure)
- allergic reaction to x-ray dye
- infection
- continuous leaking of blood from the fistula
- fistula failure (no longer able to use for dialysis)

**Important note:** Leaving a narrowed blood vessel untreated will likely lead to fistula failure.