

EVERYDAY CARE OF YOUR FISTULA OR GRAFT TIDBITS

Following the Do's and Don'ts of the items listed below, you can take an active part to decrease the chance of problems with and prolong the life of your fistula or graft.

DO: check your access everyday for the presence of a “THRILL”. A thrill is a buzzing access. Be sure to let your Nurse/PCT show you how to *feel for the thrill*.

🕒 If you do not feel a “thrill”, your access may be clotted and you should call the dialysis clinic as soon as possible.

DO: wash your access arm daily with soap and water, and right before each dialysis. This decreases the chance of infection. ALWAYS wash your access arm with soap and water before sitting down for your treatment. This prevents infection.

DON'T let anyone take a blood pressure reading on your access arm.

DON'T scratch you skin or pick scabs. This can cause infection.