

CATHETERS

If you have a dialysis catheter, follow your facility-specific instructions about keeping the dressing intact, clean, and dry.

- If your dressing becomes wet, soiled, or falls off contact your facility for further instructions.

If you develop a fever, chills, or the area around your catheter is painful, red, or feels hot to the touch follow your facility-specific instructions on whom to contact.

Do not tamper with your catheter or allow others to use your access for anything other than for dialysis.

Make sure the catheter end caps are on tight.

Do not allow anyone, except your dialysis care team, to remove your catheter dressing, to unclamp your catheter limb clamps, or to remove your catheter end caps.

Before engaging in any activity that will get your access catheter wet (i.e., showering, bathing, recreational activities), ask a member of the staff to review your facility-specific guidelines with you.



YOUR DIALYSIS ACCESS IS THE KEY

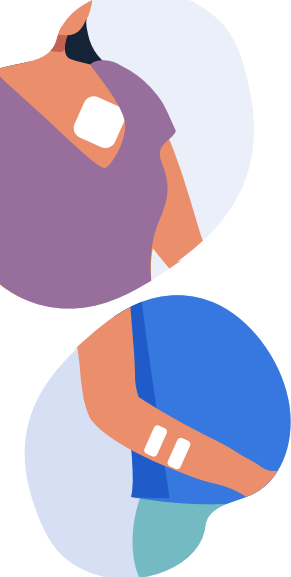
Safely caring for your access



The fundamentals of access care
when outside of the dialysis clinic

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YOUR ACCESS

Your vascular access allows blood to move between your body and the dialysis machine and is a **KEY** component to receiving your hemodialysis treatments.

There are three main types of accesses.

1. Arteriovenous (AV) fistulas: allow access to the bloodstream by surgically joining one of your arteries and a vein, often in the arm. This access type has the lowest risk of infection.
2. Arteriovenous (AV) grafts: allow access to the bloodstream by surgically joining an artery and a vein using a plastic tube. This access type has a higher risk of infection than an AV fistula but lower than a central line catheter.
3. Central line catheter: allows access to the bloodstream via a tube inserted through the skin into a vein, often in the chest. This access type can be placed quickly and is for short-term use. Catheters have the highest risk of infection.

In this booklet, you will learn **KEY** things you can do before treatment, after treatment, and when you are away from the dialysis clinic to keep your access safe.

DIALYSIS DAYS (AV FISTULAS AND GRAFTS)

BEFORE TREATMENT:

- Consider wearing clothes that make it easy for staff to get to your access.
- Clean your hands when you enter or exit the treatment floor.
- Tell staff if anything feels different, odd, or painful.

AFTER TREATMENT:

Follow your facility-specific instructions about when to remove your dressing after treatment.

OUTSIDE THE DIALYSIS CLINIC (AV FITULAS AND GRAFTS)

- Washing your hands often is the best way to get rid of germs and prevent infection. If you have a fistula or graft, wash it with soap and water at least daily.
- Consider wearing clothes that don't compress your access.
- Do not allow anyone to take your blood pressure, draw blood, or give you a shot in your access limb.
- Avoid sleeping on your access limb and remember not to drape or place heavy items such as bags of groceries over your access limb.
- Feel your access daily for a thrill. Place your finger(s) on the access site and you should feel a vibration. If the vibration is absent, follow your facility-specific instructions on whom to contact.
- Look at your access daily. If it is red, painful, or feels hot, follow your facility-specific instructions on whom to contact.



KEY FOR SUCCESS

If you do not know your facility-specific instructions for access care at home, ask a staff member to review it with you.

