

Tips for looking after your fistula or graft

1. Does it buzz?



If your Fistula/Graft isn't buzzing (no thrill) you should report it to the Vascular Access Team or go to A&E if it is out of hours (after 17:00hrs).

2. Keep it clean!



To help prevent infection wash your hands and fistula with soap and water before dialysis.

3. Hold your sites continuously: 10 minutes for fistulas and 15 minutes for grafts as a minimum.



Do not remove pressure too early, some fistulas or grafts may take longer. Checking too early **will disrupt** clot formation and can lead to re-bleeding, damage to your fistula/graft and bruising.