

# TOP TIPS



Supported by the NKF.



[www.kidney.org.uk](http://www.kidney.org.uk)  
Helpline: 0845 601 02 09

Supported by ANSA.



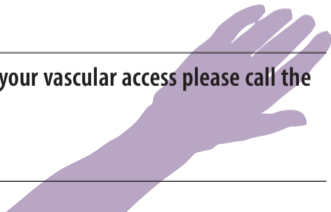
[www.anaemianurse.org](http://www.anaemianurse.org)  
Helpline: 01483 724472



Name: \_\_\_\_\_

Dialysis unit: \_\_\_\_\_

In case of any problems with your vascular access please call the following number:  
\_\_\_\_\_



## Care for your access

- Keep it clean to avoid infection
- Check for a vibrating sensation (the 'thrill') or sound (the 'bruit')
- Check for any redness, tenderness or swelling every day
- If your access is new, make sure you exercise your arm as instructed by your nurse to help your access to develop
- Contact your dialysis unit or hospital as soon as possible if there is a problem with your access, or any noticeable changes
- Avoid wearing clothes with tight fitting sleeves
- Avoid wearing watches or tight fitting jewellery on your access arm
- Avoid carrying heavy bags with your access arm
- Avoid sleeping awkwardly on your access arm
- Never let blood samples or blood pressure recordings be taken from your access arm