

FISTULA FIRST

...the first choice for hemodialysis



KIDNEY CARE REDEFINED

Vascular Access Clinic

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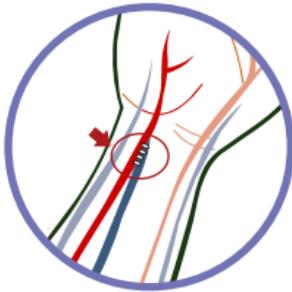
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What is dialysis access ?

Access means **"to reach"**. In order to perform dialysis, we first need to reach the blood stream of the patient. In hemodialysis, this access is established through any one of the way :



Arterio Venous
Fistula

Permanent option
Best option
Less chances of infection



Hemodialysis
Catheter

Temporary option
Emergencies only
More chances of infection

Fistula first

When a patient is diagnosed with advanced kidney disease (GFR : 15 - 20 ml/min), he/she is advised to get A V Fistula done. This is to ensure a matured access at the time of initiation of hemodialysis. The fistula takes about 6 to 12 weeks to mature before it can be used for dialysis access. If A V Fistula operation is not done in advance, then with declining kidney function, initiation of hemodialysis may require temporary catheter insertion. This option is expensive, has chances of infection, complication and it is temporary. And once again there remains need for making a permanent access. Hence, the concept of **'FISTULA FIRST'** is emphasized. (K/DOQI guidelines)

Pre-fistula work up :

Before planning for a fistula surgery, following evaluation needs to be done :

- ⊕ Clinical examination
- ⊕ Blood test
- ⊕ Color Doppler of both hands (Vascular Mapping)

Post-operation care :

Please watch carefully for:

- ⊕ **Fistula thrill** - thrill is the vibration that is felt under the skin at the Fistula operation site.
- ⊕ **Bruit** - sound heard on stethoscope associated with high blood flow
- ⊕ **Maintain good hygiene of fistula hand**

Contact your doctor immediately if :



Fistula **thrill** is **absent**



Swelling / bleeding



Pain / bluish discoloration



Fever



Skin is shiny, itchy & swollen



Red / yellow discharge or a foul-smelling odour

Long term fistula care :



Check the thrill
regularly



No BP measurement
from access arm



Prefer **exercising** as shown in
back side of page



No **blood collection**
from access arm



Do not sleep on your
access arm



Do not wear watch
on access arm



Use access arm
only for **dialysis**



Do not wear jewellery
on access arm



Remove hair from access arm
using **hair removal cream**



Avoid **heavy lifting / pressure**
on access arm

A V Fistula is a lifeline for a dialysis patient. Hence any
issue should be promptly reported to your doctor.

Exercise to mature AV Fistula :

As soon as the pain from surgery has subsided, start forearm exercises as shown below. This exercises improves and facilitates early maturation.



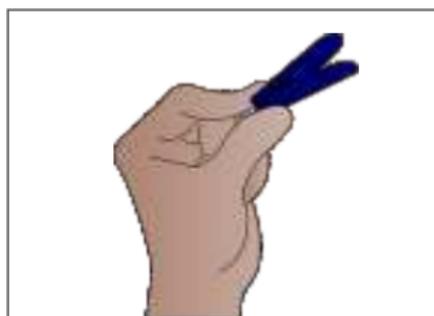
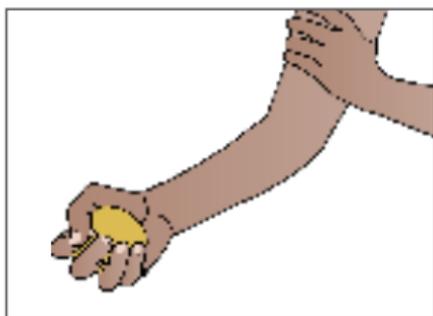
Pressing using Handgrip :

- ✦ Press and release handgrip rapidly for 10 minutes, 6 times a day.
- ✦ Additionally, you may use your other hand to squeeze the bicep of your fistula arm.

arm.

Squeezing a "Stress" ball :

- ✦ Squeezing a "stress" ball and releasing rapidly for 10 minutes, 6 times a day.
- ✦ Additionally, you may use your other hand to squeeze the bicep of your fistula arm.

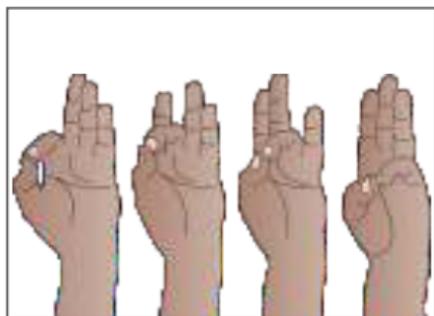


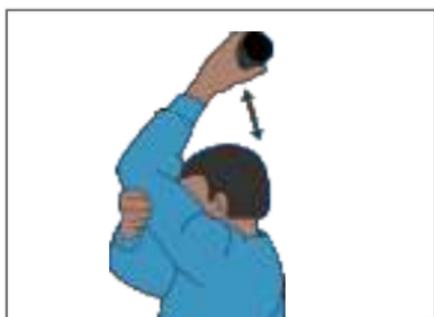
Pressing of Clothpin :

- ✦ Using a clothespin, open and close repeatedly.
- ✦ Exercise using clothes pin repeatedly for 5 min daily.

Finger tip touches :

- ✦ Another good exercise to help strengthen and develop your fistula are finger tip touches.
- ✦ Touch each finger to the tip of your thumb, opening up your hand after each touch.
- ✦ Touch tips to thumb repeatedly for 5 minutes, 6 times a day.





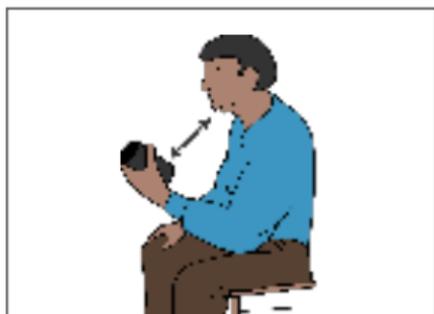
Hammer Curl:

- ⊕ An upper arm fistula (a fistula created above your elbow), can be matured with this exercise.
- ⊕ To perform a “hammer curl”, take a 1 to 3 pound weight in the arm and pump

your arm up and relax down slowly for 10 minutes, 6 times a day.

Bicep Curl:

- ⊕ A useful, household weight like a can of vegetables can be used for this exercise.
- ⊕ Holding the can, curl your arm slowly up and down for 10 minutes, 6 times daily.



For more info, please call :

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