



Caring for your access in an emergency

Your access site is your lifeline. Keep your fistula or graft healthy and if you notice a problem, act quickly to get it treated as soon as possible.

<p>INFILTRATION</p> <p>When the needle punctures the fistula/graft and causes bleeding under the skin.</p>	<p>HOW TO TREAT</p> <p>Day 1: Apply a cold compress to reduce swelling (15 minutes on and 15 minutes off) for 24 hours.</p> <p>Day 2: Apply moist heat to help your body absorb the clotted blood (15 minutes on and 15 minutes off) for 24 hours.</p>
<p>ANEURYSM</p> <p>When the access area bulges; signs of a possible rupture include rapid growth, tenderness, discoloration or tight, shiny and thin skin.</p>	<p>HOW TO TREAT</p> <ul style="list-style-type: none"> /// If you think your access may be at risk of rupturing, call your doctor or nurse as soon as possible. /// If the area ruptures at home, immediately apply direct pressure or a tourniquet. /// Call 9-1-1.
<p>BLEEDING</p> <p>When a fistula or graft has been weakened by repeated punctures in the same area, bleeding may occur. Significant bleeding is a very rare problem.</p>	<p>HOW TO TREAT</p> <ul style="list-style-type: none"> /// Apply direct pressure for five minutes or until bleeding stops. /// Cover with a clean dressing once the bleeding stops. /// If the bleeding doesn't stop, continue to apply pressure and go to the hospital immediately or call 9-1-1. /// Let your care team know if you are bleeding between treatments.
<p>CLOTTED ACCESS</p> <p>A decrease in blood flow could mean a clot is blocking your access. Signs of clotting include loss of vibration when you touch your access or loss of the low-pitched swooshing sound.</p>	<p>HOW TO TREAT</p> <p>Notify your care team immediately. A clot could delay your next scheduled treatment.</p>