

# Daily Access Check

## Three Easy Steps



Look

**LOOK** at your access for signs of infection or skin changes.

See that the access is not red or swollen and that there is no drainage.

Be sure that the skin is not thin or shiny over aneurysms (bumps), if any are present.

Feel



**FEEL** your access by placing your fingertips over the access.

The pulsation is called the **THRILL**. It should have a soft, running feel.

If it feels hard or beating, it is not normal and may mean there is pressure inside the access.

Listen



**LISTEN** to your access using a stethoscope.

The “whooshing” sound you hear is called a **BRUIT** (*broo-ee*). It should be a low-pitched, continuous sound.

A high-pitched sound or whistling noise is not normal and may mean there is a narrowed area in your access.

**Notify your kidney doctor and/or dialysis caregivers if you detect any changes in your access**



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# Fistula and Graft

## *General Rules of Access Care*

- ✓ Keep the skin over your access clean
- ✓ Avoid sleeping on your access arm
- ✓ Protect your arm from injury
- ✓ Don't put pressure on your access arm
- ✓ Don't let anyone take your blood pressure in your access arm
- ✓ Don't let anyone draw blood or start an IV in your access
- ✓ Wear loose clothing and avoid jewelry over your access
- ✓ Only use your access for dialysis
- ✓ Apply gentle pressure to your access after dialysis needles are removed (too much pressure can stop the blood flowing through the access)
- ✓ Check your access daily



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