

Patient

"Ready, Set, Go" The Steps to Catheter Freedom Weeks 1-2: New Fistula Daily Check

Access
Placed



Weeks 1-2



Week 3



Weeks 4-5



Week 6

Catheter
Freedom

Week 10

Check your fistula every day.

If you do not know how, ask your Dialysis Care Team to teach you how to monitor your fistula.

Look



Feel



Did you notice anything different when you checked your fistula today?

No change.



Yes, a change.



Continued..

Patient

"Ready, Set, Go" The Steps to Catheter Freedom Weeks 1-2: New Fistula Daily Check



Look



The dressing is **clean and dry**.

The skin around the dressing looks **like it did** before you had surgery. The hand **looks the same** as it did before surgery.

When the dressing is no longer needed, the surgery site is **clean and dry**.

Once it has healed, the **skin over the fistula** is **all one color** and looks like the skin around it.

The dressing is **wet or soiled**.
There is **drainage** on the dressing.

The arm is **bruised** and/or the hand is **not the normal color**.

There is **redness, swelling, or drainage**.

There is **redness, swelling, or drainage**.

Feel



When a dressing is no longer needed, place your hand over the fistula. **You can feel the fistula under the skin**.

You cannot feel the fistula. The hand of the affected arm feels numb and/or cold to the touch.

Ask a member of your Dialysis Care Team to complete the form below.
Did any of the results of your daily fistula check fall under the "STOP" column?
If so, call the contact listed below and share your results to find out what to do next.

Contact: _____
During regular facility hours: _____
After hours: _____



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Patient

"Ready, Set, Go" The Steps to Catheter Freedom Week 3: New Fistula Daily Check

Access
Placed



Weeks 1-2



Week 3



Weeks 4-5



Week 6

Catheter
Freedom

Week 10

Check your fistula every day.

If you do not know how, ask your Dialysis Care Team to teach you how to monitor your fistula.

Look



Listen



Feel



**Did you notice anything different
when you checked your fistula today?**

No change.



Yes, a change.



Continued..

Patient

"Ready, Set, Go" The Steps to Catheter Freedom Week 3: New Fistula Daily Check



Look

The surgery site is **clean and dry**.
The skin over the fistula is **all one color** and **looks like the skin around it**.

The hand **looks the same** as it did before surgery.



There is **redness, swelling** or **drainage**.

The arm is **bruised** and/or the hand is **not the normal color**.

Listen

When you place your fistula next to your ear, **you hear the sound of the blood going through it**.

As the fistula grows larger, the sound becomes louder.



You hear no sound or decreased sound.

Feel

You **feel the fistula** under the skin. At first, the fistula seems small, but it should grow over time.



You cannot feel the fistula. The hand of the affected arm feels **numb** or **cold to the touch**.

Continued..

Patient

"Ready, Set, Go" The Steps to Catheter Freedom Week 3: New Fistula Daily Check



Feel



Thrill: A vibration or buzz that can be felt best over the scar. This is where the artery and vein are joined together. The thrill becomes stronger over time as the fistula grows.

You feel the thrill along the rest of the fistula, but it doesn't feel as strong as it does over the scar.

You cannot feel the thrill or it is weaker over the scar than it was the last time you checked it.

Pulse is a slight beating that feels like a heartbeat. When you place your fingers lightly on the fistula, they move slightly.

The beat is stronger than a normal pulse. Fingers placed lightly on the fistula rise and fall with each beat.

Ask a member of your Dialysis Care Team to complete the form below.
Did any of the results of your daily fistula check fall under the "STOP" column?
If so, call the contact listed below and share your results to find out what to do next.

Contact: _____
During regular facility hours: _____
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"Ready, Set, Go" The Steps to Catheter Freedom Weeks 4-5: New Fistula Daily Check

Access
Placed



Weeks 1-2



Week 3



Weeks 4-5



Week 6

Catheter
Freedom

Week 10

Check your fistula every day.

If you do not know how, ask your Dialysis Care Team to teach you how to monitor your fistula.

Look



Listen



Feel



**Did you notice anything different
when you checked your fistula today?**

No change.



Yes, a change.



Continued..

Patient

"Ready, Set, Go" The Steps to Catheter Freedom Weeks 4-5: New Fistula Daily Check



Look

The hand **looks the same** as it did before surgery.

The skin over the fistula is **all one color** and **looks like the skin around it**.



The arm is **bruised** and/or the hand is **not the normal color**.

There is **redness, swelling** or **drainage**.

Listen

When you place your fistula next to your ear, **you hear the sound of the blood going through it**.

As the fistula grows larger, the sound becomes louder.



You hear no sound or decreased sound.

Feel

You **feel the fistula under the skin**. At first, the fistula seems small but it should grow over time.



You cannot feel the fistula. The hand of the affected arm feels numb or cold to the touch.

Continued..

Patient

"Ready, Set, Go" The Steps to Catheter Freedom Weeks 4-5: New Fistula Daily Check



Feel



Thrill: A vibration or buzz that can be felt best over the scar. This is where the artery and vein are joined together.

The thrill **becomes stronger** over time, as the fistula grows.

You feel the thrill along the rest of the fistula, but it doesn't feel as strong as it does over the scar.

Pulse is a slight beating that feels like a heartbeat. **When you place your fingers lightly on the fistula, they move slightly.**

You cannot feel the thrill or it is weaker over the scar than it was the last time you checked it.

The beat is stronger than a normal pulse. Fingers placed lightly on the fistula rise and fall with each beat.

Ask a member of your Dialysis Care Team to complete the form below.
Did any of the results of your daily fistula check fall under the "STOP" column?
If so, call the contact listed below and share your results to find out what to do next.

Contact: _____
During regular facility hours: _____
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Patient

"Ready, Set, Go" The Steps to Catheter Freedom Weeks 6-10: New Fistula Daily Check

Access
Placed



Weeks 1-2



Week 3



Weeks 4-5



Week 6

Catheter
Freedom

Week 10

Check your fistula every day.

If you do not know how, ask your Dialysis Care Team to teach you how to monitor your fistula.

Look



Listen



Feel



**Did you notice anything different
when you checked your fistula today?**

No change.



Great! Keep checking each day. At your next treatment, tell your Dialysis Care Team that there was no change.

Yes, a change.



Call the contact given to you by your Dialysis Care Team. Share what you found. They will tell you what to do next.

Continued..

Patient

"Ready, Set, Go" The Steps to Catheter Freedom Weeks 6-10: New Fistula Daily Check



Look

The skin over your fistula is **all one color** and **looks like the skin around it**.



There is **redness, swelling** or **drainage**.

Listen

When you place your fistula next to your ear, you hear a **sound**. **The sounds is the same as the last time** you checked it.



You hear **no sound**, or the sound you hear is **different** than the last time you checked it.

Feel



Thrill: A vibration or buzz that can be felt best over the scar. This is where the artery and vein are joined together.

You can **feel the thrill best over the scar**. You feel it along the rest of the fistula, but it won't feel as strong.

You **cannot feel the thrill** or it is **weaker** over the area where the artery is joined to the vein. It is **not as strong as it was the last time you checked it**.

Continued..

Patient

"Ready, Set, Go" The Steps to Catheter Freedom Weeks 6-10: New Fistula Daily Check



Pulse is a slight beating like a heartbeat.
When you place your fingers lightly on the
fistula, they move slightly.

Feel



The beat **is stronger than a normal pulse.**
Fingers placed lightly on the fistula **rise and fall with each beat.**



*Ask a member of your Dialysis Care Team to complete the form below.
Did any of the results of your daily fistula check fall under the "STOP" column?
If so, call the contact listed below and share your
results to find out what to do next.*

Contact: _____
During regular facility hours: _____
After hours: _____



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