

# 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.**

**Yes, a change.**

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

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### 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..**

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### Feel

Pulse is a slight beating 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: \_\_\_\_\_  
After hours: \_\_\_\_\_



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