

Contact information

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How to Protect your Shunt



SAFETY
HEALTH
SATISFACTION

The pillars defining our quality care

We Care Together!

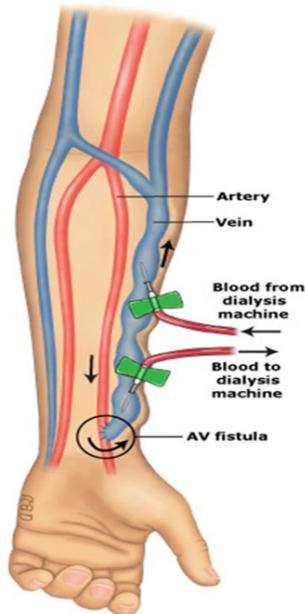
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St. Maarten Medical Center

Care of your Fistula or Graft

The following information will aid to prevent the reduction of flow in your shunt and to prevent infection.

The shunt you have is very important to your health. If it is properly taken care of, it can last you for a long time.



Before dialysis:

- ◆ Wash your hands and your shunt arm with water and antibacterial soap.
- ◆ Do this at home and before the start of dialysis in the department. This is to prevent an infection.

After dialysis:

- ◆ Hold your own needle sites for at least 10—15 minutes.
- ◆ At home, the plaster can be removed after 6 hours of your dialysis treatment.
- ◆ If your shunt (fistula) or graft starts to bleed after dialysis, keep continuous gentle pressure on the puncture site for 30 minutes with a piece of sterile gauze.
- ◆ If the bleeding does not stop, keep applying pressure and go to emergency room.

Check for a thrill at least once every day...

- ◆ Do NOT allow anyone to take a blood pressure, put an IV, or draw blood on your shunt arm.
- ◆ Avoid scratching or picking scabs on your shunt arm.
- ◆ Avoid things that might reduce the blood flow or damage your shunt.
- ◆ Do NOT carry anything hanging over the arm with the shunt.
- ◆ Do NOT wear jewelry or tight sleeves on the arm that has the shunt.
- ◆ Do NOT sleep on your shunt arm.
- ◆ Avoid strenuous activities on your shunt arm.

Call your doctor (Nephrologist) or dialysis unit if...

- ◆ You can't feel a thrill.
- ◆ There is new redness, warmth, swelling, or pain in your shunt arm.
- ◆ There is a discharge coming from your access.
- ◆ You are feverish, and have any of the above symptoms.

