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

**“Ready, Set, Go” The Steps to Catheter Freedom**

**Weeks 4-5: New Fistula Daily Check**

<table>
<thead>
<tr>
<th>GO</th>
<th>STOP</th>
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### 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:** 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.
- You feel the thrill along the rest of the fistula, but it doesn’t feel as strong as it does over the scar.

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**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.**

<table>
<thead>
<tr>
<th>Contact:</th>
<th>During regular facility hours:</th>
<th>After hours:</th>
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[www.esrdncc.org](http://www.esrdncc.org)

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**arteriovenous FISTULA FIRST**

**AVF — The first choice for hemodialysis**