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.
## Weeks 4-5: New Fistula Daily Check

**Patient**

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

#### Go

1. **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*.

2. **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.

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

#### Stop

1. **Look**
   - The arm is *bruised* and/or the hand is *not the normal color*.
   - There is *redness, swelling or drainage*.

2. **Listen**
   - You hear no sound or decreased sound.

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

*Continued.*
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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