

# HOW TO TAKE CARE OF YOUR FISTULA

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It is important to check that your fistula is working every day. A nurse will show you how to check your fistula is 'buzzing' before you go home. A 'buzz' is a gentle vibration felt under the skin where the operation has taken place.

If your fistula stops 'buzzing' you must inform the CKD Community Support Team by calling 0121 371 9761. The dressing should be removed after 48 hours.

If you notice any of the following symptoms, please contact the CKD Community Support Team during the working week between 9am and 5pm or alternatively contact your GP surgery:

- Swelling
- Continued pain not relieved by Paracetamol
- Redness
- Bleeding
- Oozing fluid

In the unlikely event that your fistula starts to bleed, cover it with a pad and apply pressure.

Dial 999 and DO NOT release pressure. If you experience numbness or tingling sensation in your fingers, contact the CKD team as soon as possible, this is not a medical emergency situation.

If you have stitches that need to be removed, you will be informed of this prior to your discharge. You will need to make arrangements at your GP surgery for removal of the stitches 10–14 days after your operation.

Do not:

- put any cream or lotion on the wound
- let anyone take your blood pressure on your fistula arm
- let anyone take blood from your fistula arm
- let anyone insert a venflon into your fistula arm
- wear tight clothing/watches/bracelets on your fistula arm

Do:

- try and avoid prolonged exposure to the cold
- keep your fistula hand warm
- wear a glove if necessary!
- tell nurses and doctors that you have a fistula and what it is for

Please do not hesitate to contact us to answer any questions about your fistula.

**CKD Community Support Team**  
Mon–Fri 09:00–17:00  
Tel: 0121 371 9761