



TLC For Your Access

As your lifeline to get your dialysis treatment, it is very important that you take very good care of your dialysis fistula or graft (access). Take care of your access by following these TLC (Touch, Look, Care) steps daily.

Touch



- for pulse
- for tenderness
- for temperature

Look



- for changes in skin color
- for swelling
- for drainage

Care



- keep clean
- keep it protected
- keep clothes loose
- no heavy lifting or carrying with your access arm
- no tight jewelry
- no lying on arm
- watch your fluid gains

Remember!



No blood pressure in access arm.



Only hemodialysis needles in access arm.



Wash access before and after each dialysis treatment.



Wear gloves and mask during dialysis put-on and take-off.

For more information or to file a grievance, please contact:

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ESRDNetwork10.org | ESRDNetwork12.org

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