



RENAL HEALTH NETWORK
EDUCATE • EMPOWER • ELEVATE



A GREAT OPTION FOR DIALYSIS ACCESS

A vascular graft is another great choice when a fistula isn't possible.

- ✓ Can be used sooner than a fistula (typically 2–4 weeks)
- ✓ Reliable blood flow
- ✓ Lower infection risk than a catheter
- ✓ Helps you get life-saving treatment on time

WHY IT MATTERS



Good care today helps prevent:

- ✓ Access failure
- ✓ Infections
- ✓ Hospitalizations
- ✓ Treatment delays
- ✓ Clotting
- ✓ Additional surgeries
- ✓ Complications

*Small steps today.
Stronger tomorrow.*

GRAFT CARE

Strong Access. Steady Life.

Your graft. Your lifeline. Take care of it today.

FEEL, LISTEN, CHECK EVERY DAY

Your graft lets you live. Daily checks help keep it working for you.

- Bruit (the sound)
- Thrill (the vibration)
- Pulse (the flow)

If it feels or sounds different, contact your dialysis team right away.

WATCH FOR WARNING SIGNS

Call your dialysis team immediately if you notice:

- ⚠ Loss of thrill or bruit
- ⚠ Swelling around the graft
- ⚠ Redness, warmth, or discharge
- ⚠ Pain, tenderness, or numbness in your arm
- ⚠ Prolonged bleeding after treatment (more than 10–15 minutes)
- ⚠ Changes in color of your hand or arm (pale, blue, or dark)
- ⚠ Coolness in your hand

**EARLY REPORTING CAN PREVENT
SERIOUS COMPLICATIONS.**



GOLDEN TIPS FOR GRAFT CARE



1. CHECK YOUR GRAFT EVERY DAY

Feel for the thrill (vibration) and listen for the bruit (swishing sound). These are signs your graft is working properly. Make it part of your daily routine.



2. WASH YOUR ACCESS BEFORE TREATMENT

Always wash your access arm with soap and water before your dialysis treatment. Clean skin helps prevent infection and keeps your graft safe.



3. LADIES: HEAVY CYCLES & HEPARIN

If you are on heparin during dialysis and notice your menstrual cycle is heavier than normal, notify your charge nurse or healthcare team.



4. PROTECT YOUR ACCESS ARM

Never let anyone take blood pressure, draw blood, or start an IV in your graft arm. Always inform healthcare providers that this is your access arm. You may ask for an "Access Arm Alert" band.



5. BE MINDFUL OF HOW YOU USE YOUR ARM

Avoid heavy lifting, carrying heavy bags, or sleeping on your graft arm. Protect it from injury and unnecessary pressure.



6. KEEP YOUR TEAM INFORMED

Communicate any changes or concerns about your graft with your dialysis team. We're here to help keep your graft healthy and working.



YOUR GRAFT, YOUR FUTURE

A graft is a strong bridge to better health and a better life. With proper care and attention, your graft can keep you on track for your goals.

*You're not alone.
We walk with you.*

**YOU HAVE THE POWER TO PROTECT YOUR HEALTH.
YOUR KIDNEYS. YOUR LIFE. YOUR JOURNEY.**

Let's thrive together!

REMEMBER THE 3 KEY STEPS



CHECK IT
DAILY



WASH IT
ALWAYS



PROTECT IT
ALWAYS

Simple steps. Powerful impact.



SCAN ME!



FOR FREE
RESOURCES



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