

# Resources for Vascular Access Information

- **Understanding Your Hemodialysis Access Options** by American Association of Kidney Patients, revised 3/06. For an electronic copy, visit: [www.aakp.org/brochures/access-options](http://www.aakp.org/brochures/access-options)
- **Hemodialysis Access: What You Need to Know**, National Kidney Foundation, Inc., 11-50-0216 – English, 11-50-02201 – Spanish. For an electronic copy, visit: [www.kidney.org/atoz/atozTopic\\_Dialysis.cfm](http://www.kidney.org/atoz/atozTopic_Dialysis.cfm)

## websites:

- <http://esrd.ipro.org>
- [www.fistulafirst.org/patients/patients.php](http://www.fistulafirst.org/patients/patients.php)
- [www.aakp.org](http://www.aakp.org)
- [www.kidney.org/patients/](http://www.kidney.org/patients/)



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# Quiz

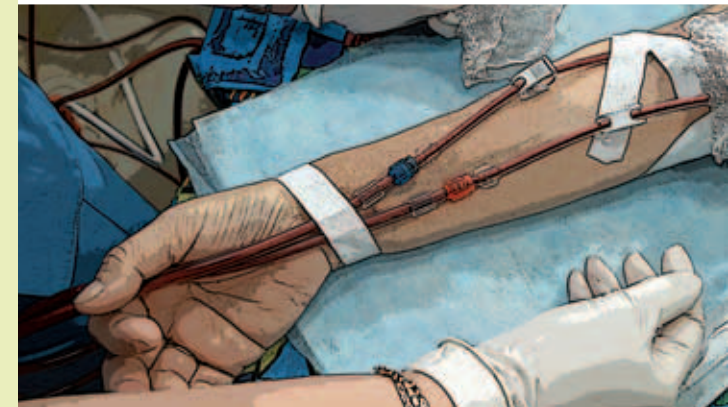
1. What is the vascular access of choice?
  - a. Fistula
  - b. Graft
  - c. Catheter
2. What vascular access has a history of lasting many years?
  - a. Fistula
  - b. Graft
  - c. Catheter
3. What access has fewer complications?
  - a. Fistula
  - b. Graft
  - c. Catheter
4. What access type is used for emergencies and should only be used temporarily?
  - a. Fistula
  - b. Graft
  - c. Catheter

Answers:  
1. A, 2. A, 3. A, 4. C.

Materials adapted from the Southern California Renal Disease Council, Inc (Network 18) and the Northwest Renal Network (Network 16).

# Vascular Access

## for Hemodialysis



## A Guide for Patients



arteriovenous  
**FISTULA FIRST**  
AVF — The first choice for hemodialysis



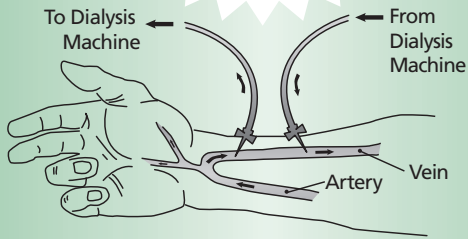
End-Stage Renal Disease  
Network of New York

# Vascular Access for Hemodialysis



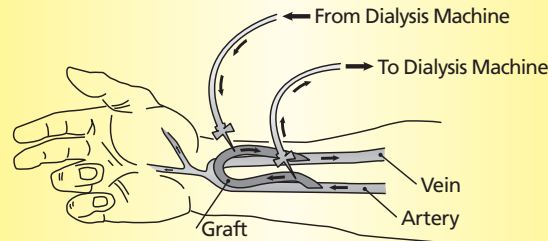
## FISTULA

**BEST CHOICE**



## GRAFT

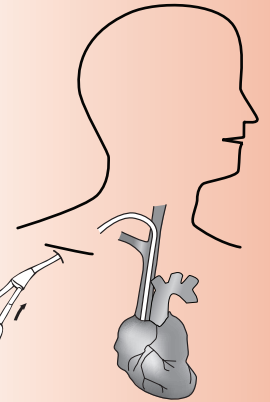
**ALTERNATE CHOICE**



## CATHETER

**EMERGENCY OR TEMPORARY ONLY**

To Dialysis Machine ←  
From Dialysis Machine →



### LOCATIONS

- Forearm
- Upper Arm
- Thigh

- Forearm
- Upper Arm
- Thigh
- Chest
- Straight or Loop

- Neck (jugular vein)
- Groin (femoral vein)
- Chest (subclavian vein)  
*should be avoided*

### ADVANTAGES

- + Lasts many years
- + Less chance of infection
- + Higher blood flow rates
- + Fewer complications

- + Can be used in two weeks after placement
- + Use for when a fistula does not work
- + Use for patients with special health issues

- + Can be used in an emergency (must have chest x-ray for placement prior to initial use)
- + Can be used while other access types are maturing

### DISADVANTAGES

- Takes the longest to mature (develop)
- May fail to mature, due to other health issues

- Clotting
- Infection
- Swelling
- Frequent interventions required
- May affect blood flow to the hand (Steal Syndrome)

- Clotting
- Infection
- Lower blood flow rates
- Vessel damage
- Designed for short-term use only