



**It only takes a minute  
to save your lifeline.**



**Look**



**Listen**



**Feel**



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

# Look

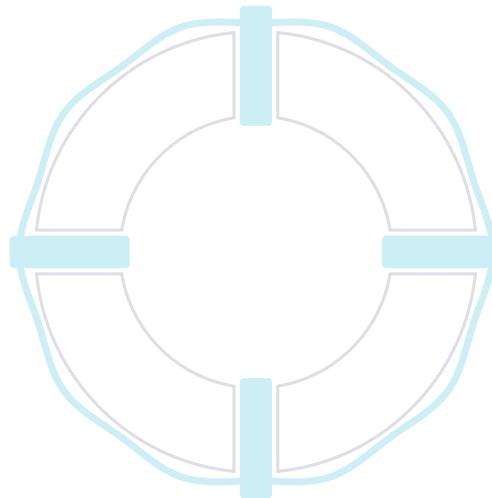
The skin over your access is all one color and looks like the skin around it.



There is **redness, swelling or drainage**. There are **skin bulges with shiny, bleeding, or peeling skin**.



*Looking good!*



*Contact your dialysis care team if you notice any "stop" signs!*



# Listen

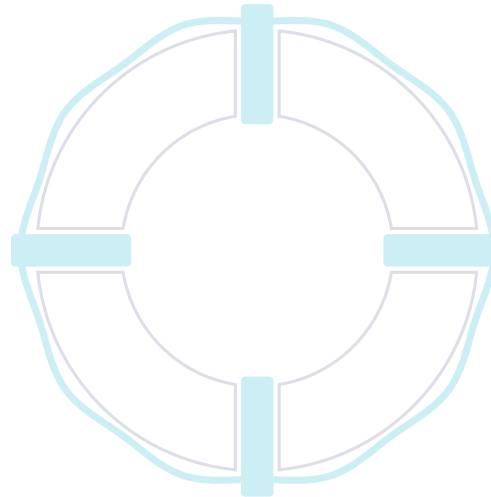
When you place your access next to your ear, you hear a sound. And it **sounds the same as the last time** you checked it.



You place your access next to your ear and hear **no sound**. Or it **sounds different** than it did the last time you checked it.



*Sounding good!*



*Contact your dialysis care team if you notice any "stop" signs!*



# Feel

**Thrill:** a vibration or buzz in the full length of the access.

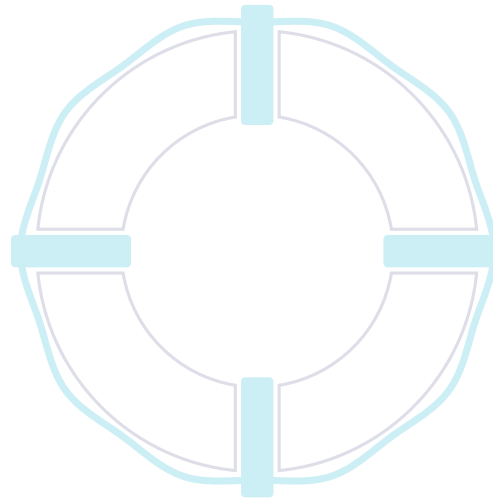
**Pulse:** slight beating like a heartbeat. Fingers placed lightly on the access should move slightly.



**Pulsatile:** The beat is stronger than a normal pulse. Fingers placed lightly on the access will **rise and fall with each beat.**



*Good to go!*



*Contact your dialysis care team if you notice any "stop" signs!*



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