

How can I take care of my fistula?



Keeping the limb clean and dry washing it with soap.

Don't allow blood tests or taking blood pressure in this arm.



The fistula could be only punctured by renal nurses.



Avoid bangs, tight clothing, heavy bags or sudden exercises.



Avoid sudden temperature changes.

You should go immediately to the Hospital

If you feel no heartbeat or a very weak thrill on your fistula. The bleeding doesn't stop with the compression.



CARE

Dietetic advices

The people in dialysis should know that **potassium** is a substance found in food. The ill kidneys are not able to eliminate it from the blood. **This is dangerous for the patient because if it's very high in blood it can produce muscle weakness and even cardiac arrest.**

1 You should reduce the intake of food high in potassium like:

-Fruits: 1-2 pieces per day avoiding bananas, melon, grapes... and eating fruits like apples, pears..

-Vegetables and legumes: 24 hours before eating them soak them in to water and change the water every four hours. If you boil them twice you will remove more potassium. Frozen vegetables have less potassium than fresh ones.

-Dry fruits and nuts: try not to eat them.

-Grain products

-Tins: remove the liquid inside the tins.

2 Reduce the food rich in phosphorus: milk and diary products, blue fishes..

3 Reduce the intake of salt.

Make physical activities.

If you have any doubt don't hesitate to phone us to Hemodialysis Unit

951 97 66 69

951 97 66 70

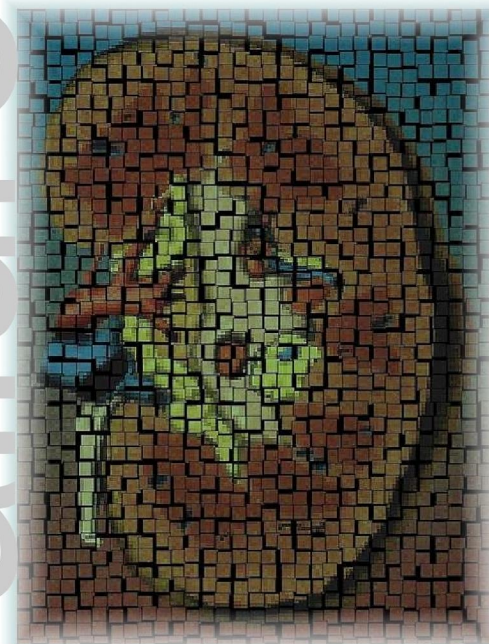
Autovía A-7, Km. 187
29603 Marbella (Málaga)

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Trust on health professionals,
we know how to attend your needs

Failure



Chronic Renal

Basic concepts
Arteriovenous Fistula Care
Dietetic advices

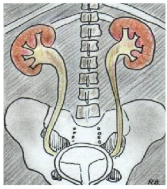


Hemodialysis Unit

Agencia Sanitaria Costa del Sol
CONSEJERÍA DE SALUD



What are the kidneys for?



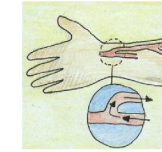
The kidneys are the organs responsible for filtering the blood impurities (urea, sodium, potassium...) that are normally eliminated through the urine.

Peritoneal Dialysis allows for blood cleaning through a membrane that covers the internal organs of the abdomen called *Peritoneum*.



This technique requires the placement of an abdomen catheter. A liquid is introduced and after a while comes out with the dirt of the blood and the water accumulated. The peritoneal liquid must be changed several times a day. It can be done at home and it takes about 30 minutes.

What is arteriovenous fistula for?



Is the union between a vein and an artery. We need to dilate the vein walls to puncture it.



Is performed by the vascular surgeon with local anesthesia, with an empty stomach and after the operation there is no need to keep hospitalized.

Postoperative self-cares:



Keep the limb elevated and at rest to avoid the inflammation. Avoid sleeping on your arm.

Monitor the dressing for potential blood loss. Prevent wetting the wound until the removal of the stitches (8-10 days).



Monitor the signs of infection (pain, redness, inflammation, fever...) and bleeding. Go to the Hospital if necessary.



Test the fistula daily: listening the murmur and noise (means that it works). Making dilatation exercises with a hardball ten minutes a day.

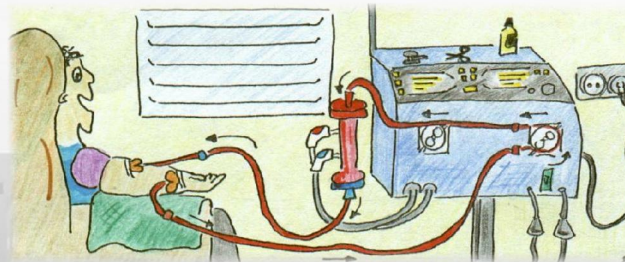
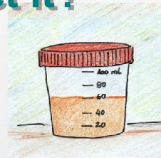


What is renal failure?

When the kidneys are unable to create urine or that one is a low quality urine.

How can we detect it?

Making a blood and urine test.



Hemodialysis consist on the cleansing of the blood through a filter called dialyzer, helped for a machine. The blood comes in and out through two needles located in the of the patient's arm. It is therefore necessary to perform an arteriovenous fistula in the patient's arm. It is therefore necessary to perform an arteriovenous fistula in the patient's arm. The technique is due three times a week, during four hours each session in the hospital or a qualified center.

Renal Transplant consist on the implantation of a healthy donor kidney through surgical technique. There is a waiting list. Is a decision you make with your doctor.

What treatment options do we have?

Peritoneal dialysis

Hemodialysis

Renal Transplant