

Fistulogram and / or Fistuloplasty Aftercare

This leaflet explains about returning to your everyday activities after your Fistulogram / Fistuloplasty. If you have any further questions, please speak to a doctor or nurse caring for you.

When can I leave hospital?

You will be discharged between two to four hours after your procedure. You should arrange for a responsible adult to escort you home after the procedure and to stay with you overnight. Do not drive for at least 24 hours after the procedure, especially if you have been given strong pain medications or sedation.

After I leave hospital

Eat and drink as normal. Do not drink alcohol for 24 hours after the procedure. Take your medications as you would normally.

If you take blood thinners, you will be advised when to restart taking them. If the anticoagulation team has given you a bridging plan, please restart your medications as per their advice. Make sure that you understand exactly what your doctor wants you to do.

If you take medications for diabetes, please restart taking your medications as usual. If you have been given a plan by the Diabetic Team, please follow their advice.

Will I be in pain?

If you have pain or discomfort when you get home, take regular paracetamol for the next 48 hours or until the pain settles. Follow the directions on the label. If the pain is severe despite paracetamol,

please seek medical attention.

When can I get back to normal activities?

Your fistula should be ready to use for dialysis immediately after the procedure, unless the doctor tells you otherwise. It is essential to avoid heavy lifting or vigorous activity using the affected arm for 24 to 48 hours after the procedure. You are allowed to use the arm with fistula for normal tasks.

What should I do if I have a problem?

If any of the following occur after your fistulogram / fistuloplasty, call the Renal Unit or go to your nearest A & E Department.

- Any heavy bleeding from the puncture site (other than very minor bleeding which stops quickly with pressure being applied).
- Large amounts of bruising or swelling.
- Severe pain at the procedure site or if your arm becomes pale, painful or cold.
- Fever (high temperature) or chills.
- You are unable to feel the 'thrill' or 'buzz' in your fistula.

Will I have a follow-up appointment?

If the doctor has used a stitch in your fistula to close the puncture site, this will need to be removed, usually at your next dialysis session. The team will advise you of the plan to remove the stitch before you leave the department.

Useful sources of information

British Society of Interventional Radiology patient information leaflets.

Contact us

If you have any questions or concerns about your fistula, please contact the Renal Access Team on 020 8725 0282 (Monday to Friday, 8am to 4pm) or please email them at renalvascular.access@stgeorges.nhs.uk . For out of hours, please contact your Dialysis Unit Team.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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