

# Patient Handout: Save My Veins

## Why protect your veins?

Your arm veins provide the best access to your bloodstream if you need a fistula or graft for hemodialysis.

Placing an IV or having blood taken from your arm veins can damage the veins and make it difficult to create a fistula or graft in the future.

It is important that you save your fistula arm for dialysis and let others know this.



## Tools to help remind you and your healthcare providers to save your veins:

### Purple wristband

- Your kidney care team will tell you which arm to wear this wristband. Keep it on this arm.
- Show this arm band to healthcare providers before they take blood or start an IV.
- It will be available to healthcare providers in an emergency.



### Wallet card

- Carry this card in your wallet or purse.
- Show this card to healthcare providers before they take blood or start an IV.
- It will be available to healthcare providers in an emergency.

