



Information for
patients and
carers

**Prevention of
Life Threatening Bleeds**

AV Fistula / AV Graft

Prevention of Life Threatening Haemorrhaging (LTH) From AV Fistula (AVF) / AV Graft (AVG):

1. Be aware of the following warning signs of an increased risk of life threatening haemorrhaging from the fistula/graft:
 - Any non-healing scab/wound over the fistula/graft
 - Prolonged bleeding post haemodialysis or bleeding in between dialysis sessions
 - Aneurysms that are increasing in size, either at cannulation sites or elsewhere
 - Shiny, thin skin over the fistula/graft, particularly over aneurysms
 - Signs of infection – redness, swelling, pain, discharge or pus
 - Other skin integrity issues in the vicinity of the fistula/graft
2. If any of the above is noted, the patient must inform the renal team at the earliest opportunity.

In the event of bleeding after leaving hospital:

1. Patients must dial **999** immediately, for any bleeding which soaks through a dressing despite direct pressure
2. The priority for patients in this situation is to get help and this should not be delayed whilst trying to stop the bleeding as loss of consciousness can occur quickly
3. The priority is to stop the bleeding, not preserve the fistula/graft function
4. Until help from the emergency services arrives, patients should continue to apply direct pressure to the bleeding site

5. If easily available, an inverted plastic bottle top, such as a plastic milk bottle top, can be used to apply pressure over the bleeding site. This ensures pressure is localised to the area of the bleed
6. Patients should **NOT** use a large absorbent item, such as a towel to wrap around the area, as this disperses pressure reducing its effectiveness
7. Tourniquets are not recommended
8. **NEVER HOLD UNDER A RUNNING TAP AS THIS WILL ENCOURAGE BLEEDING**

Contact details

Should you require further advice or information please contact:
Ward 25 on **01772 522522** or
The dialysis unit on **01772 522755** if you have a bleed.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.thinkkidneys.nhs.uk The UK Renal Registry NHS Programme

www.britishrenal.org Recommendations for managing life threatening bleeds from AV Fistula / grafts. The British Renal Society

www.england.nhs.uk/patient-choice

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઈચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

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