



**A public service announcement from  
The Nephron Information Center.  
Please feel free to print and show to your nurse or  
phlebotomist.**

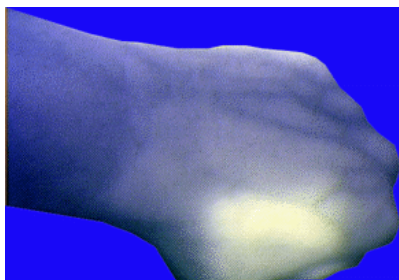


Photo taken with a SONY infrared camera.

## **Please be careful with my veins**

**Attention: To nurses or phlebotomist who are about to start an iv or draw blood on me.**

Someday, I may need hemodialysis. That is best performed through an A-V fistula. The fistula lasts longer than the other types of access, has a lower incidence of infection, and does not have a higher incidence of clotting with EPO (Erythropoietin). However, it takes months to mature.

- If I develop phlebitis or scars in my veins, the surgeons may never be able to create a successful fistula on me.
- Therefore, if you need blood, or need to start an iv, here is the dorsum of my hand. If you must stick me several times, please rotate the sites.
- Especially, stay away from the cephalic vein of my non-dominant hand (the entire hand, especially my wrist-radial cephalic). (I usually wear my wristwatch on my non-dominant hand).
- I am trying to **exercise** to make my veins bigger.
- Remember, many of the iv solutions that you are about to give me may be very irritating to my veins.
- Try to minimize needle sticks. If you need blood and an iv infusion, get both at the same time. If you must draw blood or give me injections, please use a #23 needle.

For more information go to [links.nephron.com](http://links.nephron.com)