

## TRAINING CHECKLIST FOR SELF-CANNULATION

### FISTULA

- Look at fistula for redness, swelling, tenderness, abnormal drainage, or bruising.
- Look for last puncture sites.
- Feel for a pulse (thrill) and listen for a buzzing sound (bruit).

### BEFORE STICKING FISTULA

- Wash hands and fistula arm with antibacterial soap and water.
- Select sites to stick – look for straight and smooth vein.
- Gather all supplies.
  - Cleansing solution
  - Tourniquet
  - Needles
  - Clamp
  - Tape
- Clean fistula with Betadine<sup>®</sup> solution or 2% chlorhexidine.
- Put on tourniquet.

### STICKING THE FISTULA

- Open the needles.
- Remove protective cover (keep needles clean).
- Determine your angle of insertion, based on the depth of the access.
- Hold needle by wings – needle pointed down, bevel up.
- Look for blood movement in tubing.
- Tape with chevron to secure needle.
- Release tourniquet.

Trainer Signature: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_