

You have just had a fistulagram procedure. To aid in your recovery and reduce the risk of complications, please follow these directions.

Sedation

- The sedation you received for your procedure is still in your system. Do not drive, consume alcohol, operate heavy machinery, or make any important decisions for the remainder of the day.

Activity

- You may resume your regular activities (including driving) after 24 hours, unless you have been restricted for another reason.
- No exercising, lifting heavy objects, or strenuous activity for the next 24 hours.
- You may shower 24 hours after the procedure.

Pain Management

- You may use over the counter medications such as Acetaminophen (Tylenol) or Ibuprofen (Advil or Motrin) for minor discomfort, unless you are restricted from taking these medicines.

Care of your Puncture Site

- You will have a small bandage over the site, and may remove it 24 hours after the procedure.
- Keep the site clean and dry.
- Do not wear tight clothing or jewelry on your fistula/graft arm/leg.
- Do not hang jackets, grocery bags, purses, or objects on the access arm/leg.
- Do not have blood pressure taken, lab work drawn, or IV's in access arm/leg.

When to Call your Physician

- Swelling at the puncture site.
- Chills or fever greater than 101.5 degrees Fahrenheit.
- If you experience any bleeding: lie down, apply pressure to the site, if bleeding has not stopped after several minutes, please go to the nearest emergency department.
- In case of an emergency, dial 911, or go to your local emergency department.