



10 Rules To Live By

1. I will consider **arteriovenous fistula** as the best access for dialysis
2. I will **avoid catheters as far as possible**
3. I will **avoid needle sticks** in both arms
4. I will wear the **medic bracelet** all the time
5. I will take the responsibility and **clean fistula arm** thoroughly before cannulation
6. I will **examine the fistula** everyday
7. I will insist on **tourniquet** before cannulation
8. I will remember to ask about the fistula **blood flow**
9. I will consider **learning self-cannulation** of the fistula
10. I will **avoid any injury or pressure** on the fistula arm