

BE INVOLVED IN YOUR CARE!

Help staff help YOU be more comfortable when your needles are placed.

If you have a graft or a fistula –

NKC has a new way for you to let them know if you feel any pain or discomfort when your needle is put in your access. Staff will ask you to use the faces on this page to show them how much pain or discomfort you feel.



NKC staff is involved:

Your information helps NKC staff know how your needle site feels. Then staff can check how your needle is placed and do anything they can to lower or get rid of the pain.

Staff might:

- Use a medicine that “numbs” your access, such as Lidocaine.
- Ask you for your ideas and thoughts about where and how it is best to put your needles in your access.

You can also be more involved:

- Learn more about self-cannulation. This means that you would learn to put your own needles in your access.
- Ask your doctor if Emla cream, a medicine that numbs your needle site, is right for you.
- Learn more about the “button-hole” method for putting in the needles. This method is only used with a fistula. The needle makes a “path” by using the same place in your access for needles for every dialysis run. In this case, the needle is like a button on a shirt that always goes through the same “buttonhole” every time you wear it. This can help lower any pain or discomfort you might feel. The “button-hole” method must be approved by your kidney doctor.

At NKC, our goal is to work with you to give you the best possible care.

So – get involved and help us to help you feel better!

* From Hockenberry MJ, Wilson D, Winkelstein ML: [Wong's Essentials of Pediatric Nursing](#), ed. 7, St. Louis, 2005, p. 1259. Used with permission. Copyright, Mosby.