

# Make your own information card

## Instructions:

1. Print this page
2. Cut along the pink lines
3. Fold in half along the blue line
4. Pop it in your wallet or purse
5. If you require a blood test of IV access, show this card to your healthcare professional




For healthcare professionals

## I am a renal patient

I may require a fistula in the future

- ✓ Avoid taking blood or inserting IV lines into the veins in the antecubital fossa (elbow crease) or the cephalic vein at wrist level
- ✓ Always try to use the veins in the back of the hand
- ✓ If you can't use the veins in the back of the hand, rotate sites unless otherwise instructed

[saveyourvein.org](http://saveyourvein.org)



  
Cut along these lines

**How to use this card**

It is important that your veins are preserved

- ✓ Keep this card with you at all times
- ✓ If you require a blood test or IV access show this card to your healthcare professional
- ✓ Always have blood taken from the back of your hand unless otherwise instructed by your doctor



[saveyourvein.org](http://saveyourvein.org)

Fold along this line

Save  
your  
vein

[saveyourvein.org](http://saveyourvein.org)

 Kidney  
Care UK