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

How to use this card
It is important that your veins are preserved.

saveyourvein.org