

Everytime you have a blood test or an IV line in your arm, it damages the veins. Repeated blood tests cause progressive scarring to your veins.

Some people, especially those with **kidney disease** or **diabetes**, need regular blood tests, and their veins can get damaged over time. A few people may go on to need dialysis and **a strong, healthy vein in your arm will be important.**



✓  **Save**  
✗  **your**  
✗  **vein**

Save  
your  
vein

Ask your healthcare professional about protecting your veins for the future  
**[saveyourvein.org](https://saveyourvein.org)**

Save Your Vein was developed in partnership with the transplant surgical team at Imperial College Healthcare NHS Trust

Save  
your  
vein



Protect your  
veins for the  
future

Repeated blood tests or insertion of intravenous lines can damage them.

**YOU MAY NEED THEM**

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Save  
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# Protect your veins for the future

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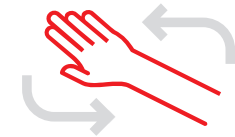
This is because to enable dialysis, a 'fistula' is created as a form of access to your bloodstream. A fistula is when an artery and vein are surgically connected to make a 'supervein' that can be used to remove and return your blood during dialysis.

**Your veins need to be preserved in order to create a successful fistula.**

If you are having lots of blood tests, ask your phlebotomist or nurse to:



take the blood from the back of your hand, every time, if at all possible



if not – alternate the sites you are taking blood from so the veins have time to heal



take extra care, as you have a special need to look after your veins



not to unnecessarily duplicate blood tests and only put in an intra-venous line when absolutely necessary.