

# My Access Plan

Name: \_\_\_\_\_ Start date: \_\_\_\_\_

Doctor(s): \_\_\_\_\_ Phone: \_\_\_\_\_

Dialysis center: \_\_\_\_\_ Phone: \_\_\_\_\_

Action	Description	Handouts from your care team and appointments
First 30 days		
Learn about your treatment options.	Understand your treatment options and how they fit with your lifestyle and goals.	<input type="checkbox"/> <i>Treatment options</i>
Identify the best treatment option for you.	Choose a dialysis option that you can commit to and feel good about.	<input type="checkbox"/> <i>Treatment decision guide</i>
Discuss the different types of access for your treatment with your doctor.	A good access helps you get the most out of your treatment to stay healthy, live well and thrive on.	<input type="checkbox"/> <i>Access types</i> <input type="checkbox"/> <i>Choose the best access for you</i>
Schedule and go to your vein mapping appointment.	Help determine the best type of access for you with a painless scan of the veins and blood vessels in your arms.	DATE: _____ TIME: _____
Visit your surgeon to discuss access placement surgery.	Use this time to schedule surgery and ask any questions you may have.	DATE: _____ TIME: _____
Get medical clearance from a doctor, if needed.	Your doctor may require additional medical evaluation or testing before your surgery.	DATE: _____ TIME: _____

## Remember to bring to each appointment:

- ☒ Insurance cards
- ☒ Medication list
- ☒ Someone to listen to instructions and ask questions

## NOTES:

Action	Description	Handouts from your care team and appointments
First 60 days		
Complete your access placement surgery.	Your surgeon will place your new access and explain the steps for recovery.	DATE: _____ TIME: _____
Have your access checked by your care team.	Your care team will check your new access site at every appointment to look for signs of infection or clotting.	First date of treatment following surgery: DATE: _____ TIME: _____
Check your access daily.	Check and care for your access daily to prevent a small irritation from turning into a larger problem.	<input type="checkbox"/> <i>Caring for your access to last a lifetime</i>
Schedule and go to your post-surgery follow-up appointment.	Your surgeon will check your access site to make sure it is healing properly.	DATE: _____ TIME: _____
First 90 days		
If you have a fistula, complete your 4-week assessment.	Your care team will make sure your blood vessels have become enlarged and strong. If your fistula does not show signs of maturing, a follow-up procedure may be needed.	DATE: _____ TIME: _____
Your first treatment with your new access.	Your care team will check and clean your access before starting treatment. Then, dialysis needles are inserted.	DATE: _____ TIME: _____
If you have a hemodialysis catheter, have it removed.	Your hemodialysis catheter will be removed when you successfully complete treatments with your new access.	DATE: _____ TIME: _____

NOTES: