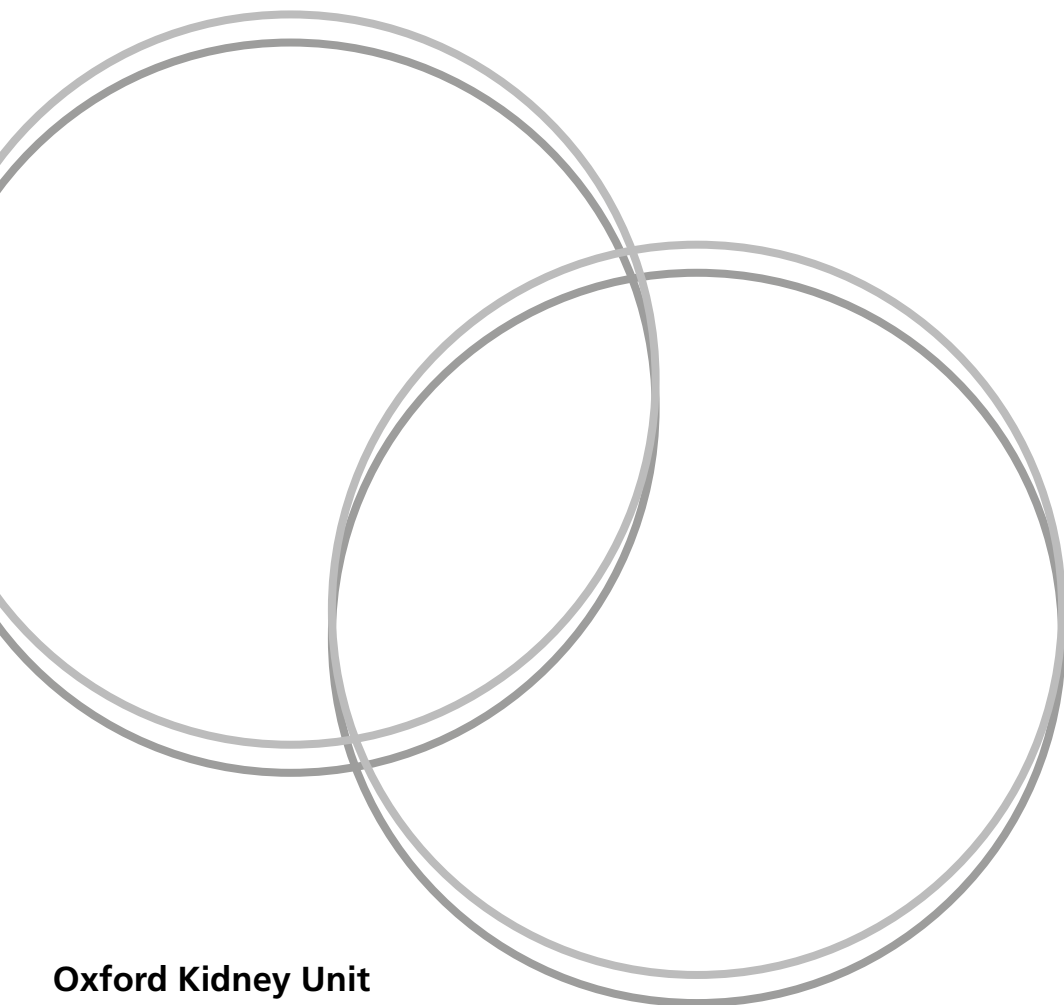




Oxford University Hospitals  
NHS Foundation Trust

# What can I expect at the Vascular Access clinic?

**Information for patients**



Oxford Kidney Unit

You have been given this leaflet to help you prepare for your Vascular Access Clinic appointment. There are different reasons why you have been asked to attend this clinic. You may be starting haemodialysis and need a fistula or graft created (AVF/AVG). You may have chosen peritoneal dialysis and need an abdominal assessment and talk with a surgeon about an operation for your peritoneal dialysis catheter to be inserted. We also see patients who need an appointment with a surgeon for other reasons. Your healthcare person will have discussed this with you before they ask for you to be given an appointment.

This leaflet tells you what to expect and what to bring with you on the day of your appointment.

## **Where is the Vascular Access Clinic?**

This clinic takes place on a Tuesday afternoon in Renal Outpatients Department, based at the Churchill Hospital in Oxford. Your appointment may take up to one and a half hours.

## **What happens in the Vascular Access Clinic?**

When you attend the clinic, you will be seen by either a surgeon or a specialist vascular access nurse. The team will talk with you about the reason for your visit.

You will also be asked about:

- your overall health
- the medications you take (please remember to bring a list of your medications)
- your support network (family and friends)
- how you manage day to day activities

## **If you are attending clinic for a haemodialysis access assessment**

On the day of your clinic, you will have a duplex scan. A duplex scan takes about 30 minutes. We will apply some cool jelly and roll a probe over your arms. The scan uses harmless sound waves that give us a picture of your blood vessels. It will help us to assess the size of your veins and decide which type of vascular access is best suited for you.

Once the scan is done, your surgeon or nurse will call you back into the room to discuss the results and plan your vascular access operation. They will also explain more about the surgery. You will have a chance to ask questions. If you need a general anaesthetic, you will be asked to attend a pre-operative assessment nearer to the surgery date. There are separate information booklets about haemodialysis vascular access which we will give you. These will tell you more about what to expect on the day of your operation.

## **What happens if you are attending clinic for a peritoneal dialysis abdominal assessment?**

On the day of your clinic, we will examine your abdomen to look for previous operations, scars and hernias. Please ask for a chaperon if you require one.

The surgeon will also talk with you about the operation, including any risks and side effects. Sometimes there may be a few months between seeing a surgeon and needing to have the peritoneal dialysis catheter inserted, therefore we will give you a date for your operation once your kidney doctor or nurse feels you need to start peritoneal dialysis. You will need to have a pre-operative assessment nearer the time of your surgery.

## What happens if you are attending for a hernia assessment?

We will examine your abdomen to assess the size and type of hernia you have. Please ask for a chaperon if you require one. After the abdominal assessment is complete, the surgeon will explain more about the surgery. You may need to have a CT scan or ultrasound before the surgery as this helps the surgeon to see the size of the hernia inside your abdomen.

## What happens if you are attending for a parathyroidectomy assessment?

A surgeon will talk to you about the operation including risks and side effects. They may also examine you. You will need to have three scans before you have the operation. These can be done in your local hospital if you live outside Oxford. Sometimes these may be able to be done on the same day.

### The scans include:

- **An ultrasound scan.** This uses harmless sound waves and is used to examine your parathyroid organs and tissues in the neck.
- **A sestamibi scan.** This is done by injecting a small amount of radioactive substance into a vein in your arm and taking x-ray pictures two and four hours later.
- **An MRI scan.** This scan generates images of your parathyroid glands.

## **When will I be given a date for the surgery?**

If your operation needs to be done quickly the surgeon may provide you with a date at the appointment. If this changes and the date is no longer convenient, please call the telephone number on the letter as soon as possible. We can then offer the date to another person. If we are unable to let you know when your surgery will take place, we will write to you to let you know.

## **What should I bring to the clinic?**

- **A list of your most up to date medications.**

We would like to know what tablets you take. Some tablets may have to be stopped before your surgery. If you bring your medication list with you, we will be able to advise you on this during your appointment.

- **A list of questions you may have.**

Let us know about anything that worries you or anything you are unsure about. You may have many questions after talking with the surgeon. You can also talk to your nurse/dialysis team or kidney doctor.

- **Family member or a friend.**

Sometimes a friend or family member may be able to attend the appointment with you. Please check our website [www.ouh.nhs.uk](http://www.ouh.nhs.uk) to see if this is available.

**This clinic is for assessment only. You will not have the operation on the same day, so you will not need to bring a hospital bag with you.**

## **Parking**

Car Park 2 is the closest to the Renal Outpatient's Department. There is parking for disabled Blue Badge holders. Automatic Number Plate Recognition (ANPR) is now in place. The ANPR system means a camera photographs all vehicles entering and leaving the car park. The camera is linked to the on-site pay machines and a payment website. ANPR will not impact Blue Badge users.

## **Contacts**

### **Vascular Access Nurses**

#### **Churchill Hospital**

Tel: **01865 225 910** or **01865 225 373**

8am to 4.30pm, Monday to Friday

(Please leave a message on the answerphone)

### **Oxford Peritoneal Dialysis (PD) Unit**

Tel: **01865 225 792**

(8am to 6pm, Monday to Friday)

Email: [pd.team@ouh.nhs.uk](mailto:pd.team@ouh.nhs.uk) (between 8.30am and 4.30pm)

### **Renal Outpatients Department**

Tel: **01865 225 355 / 225 356**

(Please leave a message on the answerphone)

## Useful websites

### **Oxford Kidney Unit**

Lots of information about the Oxford Kidney Unit for patients and carers.

Website: [www.ouh.nhs.uk/oku](http://www.ouh.nhs.uk/oku)

### **Kidney Patient Guide**

Information for patients with kidney failure and those who care for them.

Website: [www.kidneypatientguide.org.uk](http://www.kidneypatientguide.org.uk)

### **Kidney Care UK**

A charity which has lots of practical support and information for people with kidney disease.

Website: [www.kidneycareuk.org](http://www.kidneycareuk.org)

### **Six Counties Kidney Patients Association**

The SCKPA is run for patients by patients or family members.

They offer support to people suffering from kidney disease or who are on dialysis. They work closely with the Oxford Kidney Unit and have branches in Oxfordshire, Northamptonshire, Buckinghamshire, and Milton Keynes, and parts of Wiltshire, Gloucestershire and Berkshire.

Website: [www.sixcountieskpa.org.uk](http://www.sixcountieskpa.org.uk)

### **National Kidney Federation**

A charity which has lots of practical support and information for people with kidney disease.

Website: [www.kidney.org.uk](http://www.kidney.org.uk)

### **Health for Me (patient portal)**

'Health for Me' enables you to access to your digital health record via the OUH Patient Portal. It is an online system that allows you to easily view parts of your digital health record safely and securely from a computer or smartphone.

Please ask a member of the renal team to sign you up to the patient portal.

If your bloods are taken by the Oxford Kidney Unit you will be able to see these results. We can give you a leaflet that will help you understand the results. If you would like a copy, please ask a member of the renal team.

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Jo Carter, Specialist Vascular Access Nurse  
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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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