


# Information for Patients and Carers

Discharge information  
following a  
Fistulagram/Fistulaplasty/  
Stent Insertion

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

Patient Details:

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Date: .....

Procedure performed: .....

Medications given: .....

Sedation: YES / NO (if yes, please see separate advice sheet)

## Advice following your procedure

The procedure was carried out under local anaesthetic, the effects of which last approximately 2-3 hours. It is important you follow these instructions for the next 48 hours:

- Have a responsible adult escort you home and supervise you overnight
- Once home, rest for 24 hours. After 24 hours, you may begin to mobilise slowly; however do not undertake any form of strenuous exercise
- For pain/discomfort take Paracetamol (but avoid Aspirin or Ibuprofen) and follow the advice on the medication. If the pain continues for longer than 24 hours please seek medical attention
- Regularly check your neck/arm/fistula (puncture site) where you had the procedure. Some bruising at the site may occur and this is quite normal. If swelling or bleeding occurs, apply immediate pressure directly to the area for 5 to 10 minutes,

then send for an ambulance. Please take your discharge letter with you

- DO NOT have a bath or shower within 24 hours
- You MUST NOT drive. Your co-ordination and judgement may be affected, and your insurance would be invalidated. Please contact your insurance company for specific stipulations

Additional information

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## Outpatients' follow-up appointment details:

There is usually no follow-up required following this procedure; however, if you require any further information, please contact your referring renal or dialysis team.

## Contact details

Should you require further advice or information please contact your renal team or you can contact Interventional Radiology between 8.30am and 4.30pm, Monday to Friday, on **01772 522343**.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.bsir.org](http://www.bsir.org)

[www.gov.uk/government/publications/ionising-radiation-from-medical-imaging-examinations-safety-advice/exposure-to-ionising-radiation-from-medical-imaging-safety-advice](http://www.gov.uk/government/publications/ionising-radiation-from-medical-imaging-examinations-safety-advice/exposure-to-ionising-radiation-from-medical-imaging-safety-advice)

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[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**.

**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

**Department:** Radiology/Interventional Radiology

**Division:** Diagnostics and Clinical Support

**Production date:** September 2024

**Review date:** September 2027

**JR 1182 v1**