

# Vascular access one-stop clinic

This leaflet aims to answer your questions about having what happens in the vascular access one-stop clinic. If you have any further questions, please speak to a doctor or nurse caring for you.

## What is a vascular access one-stop clinic?

One-stop clinics allow patients to have a consultation with different healthcare professionals and a range of investigations during a single visit.

You may be asked to attend a one stop clinic, if you need to have an arteriovenous (AV) fistula formed, or if you, or the nurses who are treating you, are having problems with the AV fistula you already have.

## What will happen at the vascular access one-stop clinic?

If you require an AV fistula, you will be seen by a surgeon at the vascular access one-stop clinic. The surgeon will look at your arms to assess your veins for an AV fistula formation. This is where an artery is connected directly to a vein, causing more blood to flow through the vein. As a result, the vein grows larger and stronger, making repeated needle insertions for haemodialysis treatments easier.

## What will happen after I have been seen?

Once you have been seen, you may be asked to go for a scan of your arms to work out how deep the veins are and what size/calibre (quality) they are. During most of these clinics we are able to perform this scan in the next room. This means there is no need for you to come back to the hospital for another appointment to have this scan.

Once the scan has been done, the surgeon will review the results with you, and make plans for your fistula formation.

If your veins are close to the surface and of a good calibre, the surgeon may offer you the opportunity to have the fistula made the same day (depending on theatre space availability). This will be done under a local anaesthetic in the Day Case Unit.

If however, your veins are deep and small you may need to come back another day for surgery under a general anaesthetic. A general anaesthetic is medicine that causes you to be temporarily unconscious (asleep), so you do not feel anything during the procedure. You might find the leaflet, **Having an anaesthetic**, useful. Please ask your kidney doctor/nurse for a copy.

A fistula requires advance planning because it may take a while after surgery for the fistula to develop (usually six to eight weeks before it can be used).

Having your fistula formed does not necessarily mean that you will need to start dialysis straight away. This decision will be made jointly with you and your kidney doctor/nurse, depending on your blood results and how you are feeling.

You will receive a leaflet entitled **Having an arteriovenous fistula (AVF) formed**. This will explain more about the surgery, what to expect when you come in to hospital and advise you how to take care of your fistula once it has been formed.

### **What if I already have an AV fistula?**

If you already have an AV fistula, you may be asked to go for a scan before your appointment at the one-stop clinic, or you may see the surgeon first. The access team will explain what to do when you arrive at the clinic.

### **Who can attend the vascular access one-stop clinic?**

You may be referred to the clinic, by your kidney doctor/nurse, when you both feel it is the right time to have your AV fistula formed. You may be referred to the clinic by your kidney doctor/nurse if they feel there is a problem with your AV fistula.

### **Where do I need to go?**

The clinic is held in the Kidney Clinic, 4th floor, Tower Wing, Guy's Hospital.

### **What do I need to bring with me?**

You do not need to bring anything with you. You can eat and drink as normal before your appointment.

## Contact us

If you have any questions or concerns about dialysis line insertion, please contact the **vascular access clinical nurse specialist** on 020 7188 7188 (extension 7488), mobile 07827 281534 or Bleep 1414 (Monday to Friday, 9am to 5pm).

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

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

### Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

**t:** 0800 731 0319 **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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