

Problems stopping bleeding after dialysis



Information for patients

Sheffield Kidney Institute (Renal Unit)



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Introduction

As you will know, you had problems stopping bleeding after your haemodialysis (HD) treatment today. Although the bleeding stopped before you went home from HD, it may re-start when you are at home. This leaflet tells you what you should look out for at home and where to get help if you need it.

What happened after my haemodialysis treatment?

After your dialysis today, you had problems stopping bleeding when the needles were taken out. People usually stop bleeding within 20 minutes but sometimes it can take longer than 20 minutes.

You may have needed more treatment to stop the bleeding, for example drugs or stitches. You may have eventually stopped bleeding without needing further treatment.

Can anything go wrong at home?

It is possible that the bleeding from the needle sites could start again. Sometimes the bleeding can be **very severe and even life threatening**. Because of this, you must have another adult with you at all times for the next 24 hours or you may have to be admitted to hospital overnight as a precaution.

What can I do to reduce the risk of starting bleeding again?

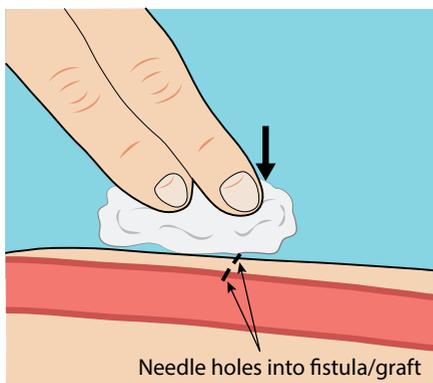
There are things you can do to reduce the risk of starting bleeding again:

- Don't drive for the rest of the day.
- Keep the gauze and tape on the needle site(s) for at least 24 hours.
- Don't be tempted to pick at or remove a scab that may have formed.
- Don't have a hot bath for 24 hours.

- Rest at home as much as possible.
- Don't do any heavy lifting.
- Don't do any major housework or gardening.

What do I do if I start bleeding again?

1. If the blood starts to **spurt out**, call for help and **ring 999 for an ambulance straight away**.
- Tell the person on the phone you are a haemodialysis patient and you are having a severe bleed from your fistula or graft.
 - You or the person who is with you should press firmly on the needle sites where the bleeding is coming from - using either:
 - the gauze
 - or the bottle top - **hollow side down (open side to the skin)** - in the pack you were given with this leaflet.



- Lift your arm above your head. The person who is with you could help support your arm.
- The ambulance will take you to the nearest hospital with an Accident and Emergency department. The staff will give any emergency treatment and will arrange for you to be transferred to the renal unit.

- You will need to stay in hospital as an inpatient if this happens. Some people may need an operation.

2. If you notice fresh blood on the gauze, **ring the hospital for advice.**

Explain to the person on the phone what happened after your dialysis and that you have started to bleed from the needle sites again. You will need to come to the hospital for more treatment; be prepared to stay as an inpatient.

Renal G Floor:

0114 226 9481

Monday - Saturday 7.00am - 9.00pm

Peter Moorhead:

0114 271 5136

0114 271 5158

Sunday - Friday 7.00am - 9.00pm

Sheffield Dialysis Unit:

0114 229 0970

Sunday - Friday 7.00am - 6.30pm

Chesterfield Dialysis Unit:

01246 512 626

Monday - Saturday 7.00am - 9.00pm

Rotherham Dialysis Unit:

01709 838333

Monday, Wednesday, Friday 7.00am - 10.00pm

Tuesday, Thursday, Saturday 7.00am - 5.15pm

Barnsley Dialysis Unit:

01226 434 910

Monday - Saturday 7.00am - 9.00pm

At all other times contact:

Renal F Floor

- **0114 226 6391**
- **0114 271 5886**

Is there anything that can be done to stop this happening again?

There are several reasons why this may have happened; to find out the cause may mean you need blood tests or a scan for example.

Some patients may need an operation to reduce the chances of the problem happening again.

Your nurse or the doctor will talk with you about this next time you come for your haemodialysis treatment.

Ask as many questions as you like and please tell the staff if you are worried about anything.



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