



# save my veins



Carry your **Save My Veins** wallet card to remind you and your healthcare provider to use a hand vein when drawing blood

Inform friends, family and your healthcare providers about the importance of saving your arm veins

A vascular access initiative by the Ontario Renal Network supporting patients with chronic kidney disease

## Why protect your veins?

Your arm veins provide the best access to your bloodstream should you need to have a fistula or graft created for hemodialysis.

Placing an IV or a peripherally inserted central catheter (PICC) in your arm veins or having blood withdrawn from your arm veins can damage the veins and make it difficult to create a fistula or graft in the future.

The Ontario Renal Network works to improve the life of every person with chronic kidney disease.

**Need this information in an accessible format?**

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