



# save my veins

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

Across the province, healthcare providers are supporting patients with chronic kidney disease by giving them information about vein preservation & a **Save My Veins** wallet card.

## Why vein preservation?

- Superficial arm veins are of critical importance for creating a fistula or graft for people with chronic kidney disease
- Using the arm veins for routine blood work, IV placement and peripherally inserted central catheters (PICC) can damage the veins and jeopardize their use for future fistula or graft creation
- The first choice for drawing blood should be the patients' hand veins
- Saving arm veins applies to patients with chronic kidney disease and patients on dialysis, to ensure a fistula/graft can be created when needed
- Please ask your patient if they have a fistula or graft. If they do, please do not use that forearm
- General Rule: Draw blood using a 22 gauge or smaller butterfly needle

## Tips:

- Do not use arm veins for IV placement and routine blood work
- For blood work or IV, select the following veins in priority:  
1) Dorsal hand 2) Dominant forearm vein 3) Dominant antecubital vein
- Consider administering IV antibiotics during hemodialysis

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

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

1-855-460-2647, TTY (416)217-1815, [publicaffairs@cancercare.on.ca](mailto:publicaffairs@cancercare.on.ca) ORN2813