

## Tips for Tricky Veins

Maybe you've been infusing yourself for years or maybe this is brand new to you; either way, there can be times where it is difficult. Maybe your veins roll away, maybe you have trouble finding them, or maybe they disappear once you go to poke. Here are a few of our favorite tips to help with that:



**Make sure you are drinking enough fluids the day of infusion. You can also try having a warm beverage before infusing.**



**Apply something warm to the site such as a heating pad before infusing.**



**Take a hot shower just before infusing.**



**Having good supporting muscles under your veins can help make them easier to use, regular upper body exercise or even curling light weights can help with this.**



**If you have missed 2 or 3 times, take a break! Get a snack, have some water, and come back to it. You have 3 hours from the time your factor is mixed to get it in.**



**Call your clinic nurse! We are happy to work through it with you and find a solution.**



If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.