

TAPE TIPS AND SITE MANAGEMENT

This informational guide is intended to help you with additional site management. Check with your healthcare team about solutions that may be best for you.

Table of Contents:

Selecting Your Infusion Set Site & Rotating Your Site	2
Securing Your Site	3
Alternative Methods for Securing Your Site	4
Tips for Special Circumstances.....	5

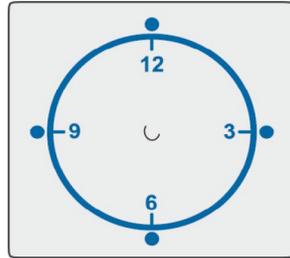


ROTATING YOUR SITES

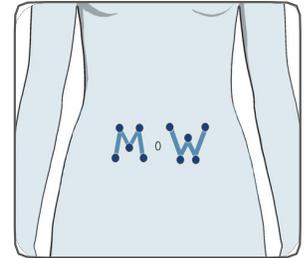
- Rotate infusion set and sensor sites to keep your tissue healthy
- Lumps or hardened areas are caused by injecting insulin into the same site over time – if you have lumpy or hard areas choose a softer site and avoid the previous site for about one month or you may experience poor insulin absorption¹ – talk to your healthcare team to discuss possible alternative site locations
- Switching your infusion set to alternative sites may result in some changes in glucose control due to changes in the speed of insulin absorption so you may need to check your BG more frequently¹

How you can choose insertion sites and remember to rotate:

Visualise an imaginary clock drawn on your belly button. Rotate sites by starting at the 12 o'clock position and then rotating clockwise to 3, 6 o'clock, and so on.



Imagine a capital M or W drawn on your body. Use each point of the letter as a possible insertion site.



SECURING YOUR SITE

Before you insert your infusion set and sensor, wash your hands carefully.

- Avoid using lotions or moisturisers where you intend to apply tape as the tape may not stick well on top of these
- You can use a prep or additional adhesive underneath or around your infusion set site for extra protection
- After inserting your set or sensor, go back around the edge with your finger to seal the edges of the stickers to your skin
- Trim hair if desired

NOTE: Remember not to insert a sensor after using an adhesive wipe (*like IV Prep™ Wipes*) or a skin barrier wipe (*like SKIN-PREP™ Wipes*). Inserting a sensor after using these wipes can affect your sensor's ability to work.

Non-deodorant antiperspirant method:

- Use a solid or spray non-deodorant antiperspirant for sweaty skin (no gels or creams)
- Apply to site area and wait 10-15 minutes
- Clean site to remove any excess antiperspirant from skin and allow it to dry before insertion

ALTERNATIVE METHODS FOR TAPING YOUR SITES

Infusion set tape method:

- Clean the skin and allow the skin to dry
- Insert the infusion set
- Apply a piece of Infusion Set IV3000™ tape directly over the infusion set



Sandwich method:

- Clean the skin and allow the skin to dry
- Apply a clear adhesive dressing directly to the skin
- Insert the infusion set through the adhesive; now the adhesive on the infusion set is sticking to the adhesive dressing instead of your skin
- Apply a second clear adhesive dressing on top of the infusion set

NOTE: If using the sandwich or blanket tape methods, you may not be able to disconnect.

Blanket tape method:

- Clean the skin and allow the skin to dry
- Insert the sensor and connect the transmitter
- Select a piece of suitable tape that will cover the entire sensor
- Apply directly over the sensor



TIPS FOR SPECIAL CIRCUMSTANCES

Pain on insertion

- You may put ice on the site to numb it slightly before inserting the needle
- Talk to your healthcare team about a numbing cream (*topical anesthetic*) – some are available by prescription only
 - These require specific directions for use so be sure to follow the directions provided by your healthcare professional and the manufacturer
 - You will need to wipe all the cream off and clean the area allowing it to dry before insertion
- If you experience pain for a period of time after the infusion set or sensor has been in place, this may indicate that you are in or near muscle tissue, and it should be changed

Bleeding on insertion

- If you experience bleeding with insertions, try putting ice on the site before your next insertion to constrict the blood vessels
- If you see blood in your infusion set, change it
- If bleeding occurs under, around, or on top of the sensor, apply steady pressure using sterile gauze or a clean cloth placed on top of the sensor for up to three minutes – if bleeding does not stop, remove the sensor and apply steady pressure until the bleeding stops

Changing to a different infusion set

- As you experience changes in your body or go through changes in your life your infusion set and taping needs might change
- Follow the advice of your healthcare team for the best type on infusion set and site placement for you
- Medtronic offers different types of infusion sets that may meet your changing needs, visit medtronic-diabetes.co.uk or medtronic-diabetes.ie to learn more

Activities during summer

- You might consider using extra tape or adhesives during summer time so your sites stay secure with higher temperatures and summer activities
- Be aware that drops and bumps that occur over time will affect the pump case² and make it more vulnerable to damage from water
- Lotions, sunscreens and insect repellent can also damage the pump case

Skin sensitivities, allergies and skin reactions

- Allergies and skin reactions such as itching, rashes or bumps may occur – when you notice them, determine the cause and use a different product – if the site becomes irritated or inflamed, the set or sensor should be removed and inserted in a new location

NOTE: For any other questions, speak with your healthcare professional or call 24-Hour Technical Support at +44 01923 205167 (UK) or +353(0) 15111444 (Republic of Ireland). You can also visit: medtronic-diabetes.co.uk or medtronic-diabetes.ie for further assistance

Contact Medtronic for technical assistance or to report product issues. Reach out to your healthcare professional for medical advice.

¹ Thethi TK, Rao A, Kawji H, et al. Consequences of delayed pump infusion line change in patients with type 1 diabetes mellitus treated with continuous subcutaneous insulin infusion. *Journal of Diabetes and its Complications*. 2010;24:73-78.

² At the time of manufacture and when the reservoir and tubing are properly inserted, your MiniMed™ 670G and MiniMed™ 640G pumps are waterproof. It is protected against the effects of being underwater to a depth of up to 12 feet (3.6 meters) for up to 24 hours. This is classified as IPX8 rating.

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