# 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.

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## SELECTING YOUR SITE

**DID YOU KNOW?:** It's important to choose a proper site for insertion, making sure to rotate your site each time your infusion set is changed. Doing so will keep insulin absorption predictable, as well as help you avoid unwanted skin changes like hardening or bumps.[1]

### Avoid inserting your infusion set or sensor:

- Into the 2-inch (*5.0 cm*) area around your belly button
- Where your body naturally bends a great deal
- In areas where clothing might cause irritation (*e.g. your beltline*)
- Where you have scarred or hardened tissue or stretch marks

**IMPORTANT:** Try to avoid changing your set before bedtime, unless you are able to check your blood glucose (*BG*) 2-3 hours afterwards to ensure that the set is working properly.

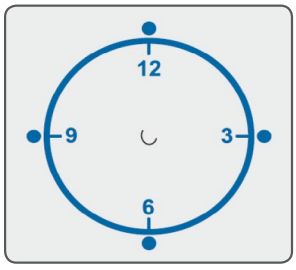
*For recommended areas of insertion and the steps to insert your infusion set or glucose sensor, check the product user guide.

## ROTATING YOUR SITES

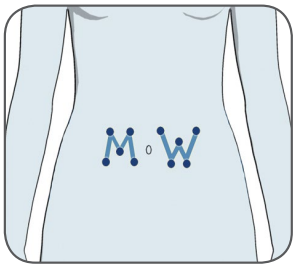
- Rotate infusion set and sensor sites to keep your tissue healthy
- Lumps or hardened areas are caused by injecting insulin into the same site over time – if you have lumpy or hard areas choose a softer site and avoid the previous site for about one month or you may experience poor insulin absorption[1] – 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 frequently[1]

### How you can choose insertion sites and remember to rotate:

Visualize 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 and prepare your site with alcohol. This will clean your skin to prevent infection and help the adhesive stick.

- Remove dead surface skin cells with a facial scrub brush, loofah or washcloth with soap and water
- Trim hair if desired
- Avoid using lotions where you intend to apply tape as the tape may not stick well on top of lotion
- Use a prep or additional adhesive underneath or around your site for extra protection
- After applying the tape, go back around the edge with your finger to seal the edges to your skin

**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. Use the bullseye method to avoid having the sensor go through the prepped skin.

### Bullseye method:

Wipe in a circular motion but leave a small circle of skin bare at the center of the circle, so you can safely insert your sensor through the bare alcohol-cleaned skin.

### 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 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 – for example, a StayPut™ Adhesive No Hole Patch (*StayPut™ Medical*), or a rectangle shape cut out of Hypafix™ Tape (*Smith & Nephew, Inc.*)
- Apply directly over the sensor

## PRODUCT OPTIONS

Here are some product recommendations to assist you with managing your sites. While this isn't a comprehensive list of all of the available products, these recommendations may help with your site management. These items can be ordered on our online store ***www.diabetes.shop*** or by calling ***1-800-646-4633***, option 2.

**IMPORTANT:** Follow instructions provided by the manufacturer and your healthcare professional.

### Preps and wipes

Preps and wipes are used to clean and prepare your skin before insertion. Barrier wipes are used after cleaning and under tapes and adhesives to help protect sensitive skin.

**NOTE:** These should not be used to prep a sensor site, unless using the bullseye method.

| PRODUCT NAME | DESCRIPTION |
|---|---|
| *IV Prep™ Wipes*<br>*by Smith & Nephew, Inc.* | Prepares skin and helps tape stick better. Great in humid climates or for those that sweat. |
| *NO STING SKIN PREP™ Wipes*<br>*by Smith & Nephew, Inc.* | Protects from irritation between tape and skin. |
| *SKIN-PREP™ Wipes*<br>*by Smith & Nephew, Inc.* | Protects from irritation caused by tapes and adhesives. |
| *Skin-Tac™ Wipes*<br>*by Torbot Group/Mason Labs* | Aids in the adhesion between skin and tape. Latex free and hypo-allergenic. Consider using Tac Away® Adhesive Removerwith this product. |

### Adhesive removers

If you wear additional adhesive and have a hard time removing it, or if you have sensitive skin, speak with your healthcare team about using one of the adhesive removers.

| PRODUCT NAME | DESCRIPTION |
|---|---|
| *Detachol® Adhesive Remover*<br>*by Ferndale Laboratories, Inc.* | Gentle, non-irritating liquid adhesive remover. |
| *TacAway® Adhesive Remover*<br>*by Torbot Group/Mason Labs* | For complete, effective removal of adhesive residue. Non-acetone. |
| *UNI-SOLVE™ Wipes*<br>*by Smith & Nephew, Inc.* | Designed to ease tape and adhesive dressing removal. |
| **Baby Oil (Generic)**<br>*by different manufacturers* | Common family skin care product that can help remove residue.<br>***NOTE: Not available to purchase through Medtronic*** |

**IMPORTANT:** Follow instructions provided by the manufacturer and your healthcare professional.

## Tapes

Tapes and adhesives are used to hold an infusion set or transmitter in place and you may need to try different products to find the right one for you.

| PRODUCT NAME | DESCRIPTION |
|---|---|
| **Hypafix™ Tape**<br>*by BSN Medical* | Non-woven fabric made from white polyester material and coated with hypoallergenic adhesive on quick-release backing paper.<br>***NOTE: Not available to purchase through Medtronic.*** |
| ***IV3000™ Tape***<br>*by Smith & Nephew, Inc.* | Transparent moisture responsive film dressing. |
| ***Infusion Set IV3000™ Tape***<br>*by Smith & Nephew, Inc.* | Transparent tape dressing with a customized design to fit around the Quick-set™, Silhouette™, Sure-T™, and Mio™ infusion sets. Made with the same adhesive and film as IV3000™ Tape. |
| ***Mastisol® Adhesive***<br>*by Ferndale Laboratories, Inc.* | Clear, non-irritating liquid adhesive. Consider using Detachol® Adhesive Remover with this product. |
| ***Polyskin™ II Transparent Dressing***<br>*by Covidien* | Moisture Vapor Permeable transparent tape to keep the skin dry and more comfortable at the insertion site. |
| **StayPut™ Patch**<br>*by StayPut™ Medical, LLC* | These overlay patches are water-resistant, breathable and flexible to help keep medical devices secured to the body. |
| ***Tegaderm™ HP Transparent Film Dressing***<br>*by 3M* | Clear tape dressing that adheres well when exposed to moisture. |

## 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 out
- 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 ***www.medtronicdiabetes.com*** 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 case[2] 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 1-800-646-4633 and select option 1. You can also visit: ***www.medtronicdiabetes.com/support.***

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™ 630G 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.

**IMPORTANT SAFETY INFORMATION: GUARDIAN™ CONNECT CGM SYSTEM**

The Guardian™ Connect System requires a prescription and is indicated for continuous or periodic monitoring of glucose levels in the interstitial fluid under the skin, in patients (14 to 75 years of age) with diabetes mellitus. The system is intended to complement, not replace, information obtained from standard blood glucose monitoring devices, and is not recommended for people who are unwilling or unable to perform a minimum of two meter blood glucose tests per day, or for people who are unable or unwilling to maintain contact with their healthcare professional. The system requires a functioning mobile electronic device with correct settings in place for accurate operation. A non-functioning mobile device or incorrect settings may prevent the app from issuing alerts. Missing alerts may result in undetected low and high glucose levels.

**IMPORTANT SAFETY INFORMATION: MINIMED™ 630G SYSTEM**

Indicated for the continuous delivery of insulin, at set and variable rates, for the management of diabetes mellitus. MiniMed™ 630G system is approved for ages 14 years or older with Guardian™ Sensor 3 and MiniMed™ 630G system is approved for ages 16 years or older with Enlite™ sensor. Both systems require a prescription. Insulin infusion pumps and associated components of insulin infusion systems are limited to sale by or on the order of a physician and should only be used under the direction of a healthcare professional familiar with the risks of insulin pump therapy. Pump therapy is not recommended for people who are unwilling or unable to perform a minimum of four blood glucose tests per day. Pump therapy is not recommended for people who are unwilling or unable to maintain contact with their healthcare professional. Pump therapy is not recommended for people whose vision or hearing does not allow recognition of pump signals and alarms. Insulin pumps use rapid-acting insulin. If your insulin delivery is interrupted for any reason, you must be prepared to replace the missed insulin immediately. Replace the infusion set every 48–72 hours, or more frequently per your healthcare professional's instructions. Insertion of a glucose sensor may cause bleeding or irritation at the insertion site. Consult a physician immediately if you experience significant pain or if you suspect that the site is infected. The information provided by CGM systems is intended to supplement, not replace, blood glucose information obtained using a blood glucose meter. A confirmatory fingerstick using a CONTOUR®NEXT LINK 2.4 meter is required prior to making adjustments to diabetes therapy. Always check the pump display when using a CONTOUR®NEXT LINK 2.4 meter, to ensure the glucose result shown agrees with the glucose results shown on the meter. Do not calibrate your CGM device or calculate a bolus using a result taken from an Alternative Site (palm) or a result from a control solution test. If a control solution test is out of range, please note that the result may be transmitted to your pump when in the "Always" send mode. It is not recommended to calibrate your CGM device when sensor or blood glucose values are changing rapidly, e.g., following a meal or physical exercise. The MiniMed™ 630G system is not intended to be used directly for preventing or treating hypoglycemia but to suspend insulin delivery when the user is unable to respond to the Suspend on low alarm and take measures to prevent or treat hypoglycemia themselves. Therapy to prevent or treat hypoglycemia should be administered according to the recommendations of the user's healthcare provider.

**WARNING: The SmartGuard™ Suspend on low feature will cause the pump to temporarily suspend insulin delivery for two hours when the sensor glucose reaches a set threshold. Under some conditions of use the pump can suspend again, resulting in very limited insulin delivery. Prolonged suspension can increase the risk of serious hyperglycemia, ketosis, and ketoacidosis. Before using the SmartGuard feature, it is important to read the SmartGuard™ feature information in the User Guide and discuss proper use of the feature with your healthcare provider.**

**IMPORTANT SAFETY INFORMATION: MINIMED™ 670G SYSTEM**

The Medtronic MiniMed™ 670G system is intended for continuous delivery of basal insulin (at user selectable rates) and administration of insulin boluses (in user selectable amounts) for the management of type 1 diabetes mellitus in persons, seven years of age and older, requiring insulin as well as for the continuous monitoring and trending of glucose levels in the fluid under the skin. The MiniMed™ 670G system includes SmartGuard™ technology, which can be programmed to automatically adjust the delivery of basal insulin based on Continuous Glucose Monitor sensor glucose values,and can suspend delivery of insulin when the sensor glucose value falls below or is predicted to fall below predefined threshold values. The system requires a prescription. The Guardian™ Sensor (3) glucose values are not intended to be used directly for making therapy adjustments, but rather to provide an indication of when a fingerstick may be required.

A confirmatory finger stick test via the CONTOUR®NEXT LINK 2.4 blood glucose meter is required prior to making adjustments to diabetes therapy. All therapy adjustments should be based on measurements obtained using the CONTOUR®NEXT LINK 2.4 blood glucose meter and not on values provided by the Guardian Sensor (3). Always check the pump display to ensure the glucose result shown agrees with the glucose results shown on the CONTOUR®NEXT LINK 2.4 blood glucose meter. Do not calibrate your CGM device or calculate a bolus using a blood glucose meter result taken from an Alternative Site (palm) or from a control solution test. It is also not recommended to calibrate your CGM device when sensor or blood glucose values are changing rapidly, e.g., following a meal or physical exercise. If a control solution test is out of range, please note that the result may be transmitted to your pump when in the "Always" send mode.

**WARNING: Medtronic performed an evaluation of the MiniMed™ 670G system and determined it may not be safe for children under the age of 7 because of the way that the system is designed and the daily insulin requirements. Therefore this device should not be used in anyone under the age of 7 years old. This device should also not be used in patients who require less than a total daily insulin dose of 8 units per day because the device requires a minimum of 8 units per day to operate safely.**

Pump therapy is not recommended for people whose vision or hearing does not allow recognition of pump signals and alarms. Pump therapy is not recommended for people who are unwilling or unable to maintain contact with their healthcare professional. The safety of the MiniMed™ 670G system has not been studied in pregnant women. Please consult the appropriate user guide at ***http://www,medtronicdiabetes.com/download-library.***



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