

# MINIMED™ INFUSION SETS

A SET FOR EVERY BODY

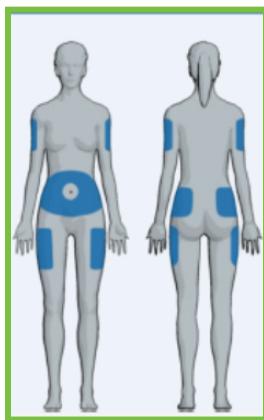
A SET FOR EVERY LIFESTYLE

This guide is intended to help with infusion site best practices. At Medtronic, we strive to ensure your success in diabetes management and above all, your safety. In this resource, we'll discuss infusion site location, rotation, insertion and taping options as well as supportive product suggestions. Please discuss infusion site care with your healthcare team to ensure you are finding the solution that works best for you.

## LOCATION

It is important to develop a pattern when changing and choosing your infusion sites. Sites should be changed every 2 to 3 days. Rotating sites will help promote healing of previous infusion sites. If sites are used for an extended period for insulin delivery, this may contribute to *skin breakdown and could affect glucose control*.

**Infusion sites may be placed in the abdomen, buttocks, thighs & arms**



### Avoid inserting your site:

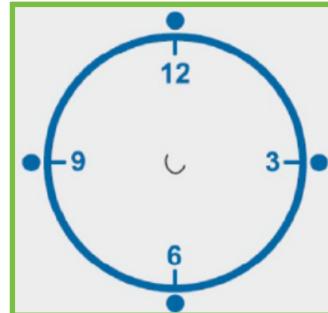
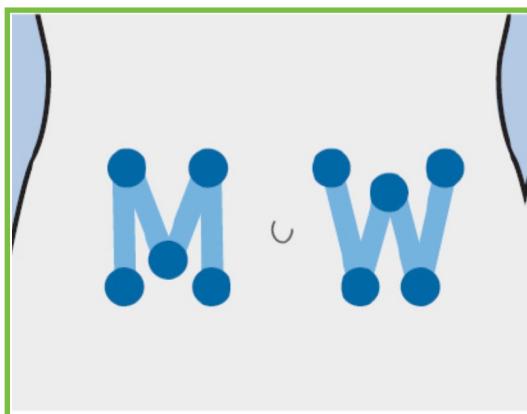
1. Where your body naturally bends frequently.
2. In areas where clothing might cause irritation or friction.
3. Where you have scar or hardened tissue, stretch marks, moles, tattoos, or bulky muscular areas.
4. Within 2.5 – 5.0cm from a recently used infusion or sensor site, including where tape has been used. Angled sites should be placed 5.0cm from an old site.
5. Consult with your HCP and Product User Guide for recommended areas of wear.



**Using a different area for your infusion site may result in changes to glucose control due to changes in the speed of the insulin absorption. You may need to monitor your blood glucose (BG) more frequently.**

**Plan a structured rotation in the same area before moving to another area**

1. When looking at your sites visualize one of the images below (dots represent possible insertion sites).
2. Stay at least 5.0cm away from your belly button.
3. Rotate your sites in a way that allows for the maximum amount of time between use.



Avoid changing your infusion site before bed, unless you can check your BG 2-3 hours afterwards.

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## INSERTION & TAPING

1. Wash your hands and prepare your site as recommended by your HCP. This will reduce the chance of infection and help the adhesive stick.
2. Keep all infusion sets sterile.
3. Consider doing your infusion site changes after you bathe, and ideally before a meal.
4. If dead skin is present use a washcloth or loofah with non-moisturizing soap to gently exfoliate the area. Use warm water to rinse the area and gently pat dry to avoid causing the area to become reddened.
5. Trim hair, if needed.
6. Avoid using lotions as this could reduce the ability of the adhesive to stick.
7. Consider applying a prep or additional adhesive prior to insertion.
8. Upon insertion wait 8-10 seconds to allow adhesive to secure to your skin before removing the introducer needle. Go back to the site and smooth the adhesive with your finger to make a good seal.

## ADDITIONAL INSERTION & TAPING RECOMMENDATIONS:

### SANDWICH TAPE METHOD:

1. Prepare skin and allow to dry.
2. Apply clear adhesive dressing to the prepared skin.
3. Insert your infusion site through the adhesive.
4. Apply a second layer of adhesive dressing.
5. Consider if you want to be able to disconnect your site before choosing the type of adhesive dressing for the second layer.

### NON-DEODORANT ANTIPERSPIRANT METHOD:

1. Prepare skin and allow to dry.
2. Spray or apply antiperspirant to sweaty area (ie. Drysol™).
3. Wait 10-15 minutes.
4. Do NOT use gels or cream products.
5. Wipe away any excess product and allow to dry before insertion.

**PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION**

### Using MiniMed™ infusion sets



[www.medtronicdiabetes.ca/infusionsets](http://www.medtronicdiabetes.ca/infusionsets)

### Products to help secure your sites



[www.shop.medtronicdiabetes.ca](http://www.shop.medtronicdiabetes.ca)

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## Skin Support Product Suggestions

Antimicrobial ointments	Description
Polysporin™	Antibiotic ointment for skin protection and infection prevention
Bacitracin	Topical antibiotic that can be used to prevent minor skin infection
Adhesive Site Prep	Description
Uni-Patch™	Skin preparation wipes that clean and disinfect while leaving a protective coating on the skin
SkinPrep™	Skin preparation wipes that protect the skin from irritation caused by tapes and adhesives
Mastisol™	Liquid medical adhesive used to secure dressing and tapes for an extended period
Hollister™ Medical Adhesive	Protects skin by forming a thin semi-permeable polymer coating over the skin before applying tapes or skin barriers. Prevents skin stripping resulting from frequent removal of tapes or skin barriers
Barrier	Description
SkinTac™	Liquid medical adhesive used to secure dressing and tapes for an extended period
Coloplast™	Skin barrier product that leaves a thin breathable film on the skin for protection
AllKare™	Skin barriers, adhesive and hydrocolloid dressings to help protect against irritation, excoriation and adhesive build-up
Cavilon™	Hydrocolloid/Hydro Seal Tough Pad™
Silesse™	Advanced barrier film that dries quickly to form a durable and soothing silicone film on the skin
Corticosteroid spray™	Steroid based treatment used to treat allergies and skin reactions
Adhesive Remover	Description
Remove™	For removal of adhesive residue left on skin
Brava™ Coloplast	Sting free adhesive remover that comes in spray or wipe
Mineral Oil / Tea Tree Oil / Baby Oil	Moisturizing to skin while aiding in adhesive removal

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## Taping Support Product Suggestions

TAPING PRODUCT	Description
Fabric	Description
Mefix™	Non-woven fabric, vapor permeable with water-based polyacrylate
Hypafix™	Non-woven fabric made from white polyester material and coated with hypoallergenic adhesive on quick release backing paper
Polyskin II Tape Dressing™	Moisture vapor permeable transparent tape to keep skin dry and more comfortable at the insertion site
Clear Films	Description
OPSITE™	Clear, waterproof film with acrylic adhesive; moisture permeable. Available in a variety precut sizes and shapes as well as a spray.
MEPITEL Film™ Safetac™ technology	Breathable elastic polyurethane film; shower proof with a bacteria and viral barrier. Soft silicone adhesive technology.
TEGADERM™	Clear tape dressing that adheres well when exposed to moisture
IV 3000™	Transparent moisture responsive film dressing
NEXCARE Tegaderm™	Breathable, hypoallergenic (not made with natural rubber latex)
TEGADERM™	Thin film that provides water proof barrier with hypoallergenic adhesive
DuoDerm™	Extra thin moisture retaining dressing to help protect against skin breakdown
Elastoplast Tapes	Description
Kinesiology Tapes™	Comes in a roll for custom cutting, gentle on skin with mild stretch
GrifGrips™	Flexible fabric tape that is breathable and keeps moisture out
Pump Peelz™	Hypoallergenic, water resistant adhesive and latex-free
Patchabetes™	Medical grade, hypoallergenic, latex free, waterproof adhesive patch
RocaDex™	3M medical grade hypoallergenic longer wearing tape
Simpatch™	Hypoallergenic adhesive that is latex free, waterproof, 100% medical grade acrylic adhesive

Some products may not be available in Canada or licensed in accordance with Canadian Law.