Tape Tips and Site Management
Tape and adhesives are an important part of your day to day life. The information here is intended as a guide to help you handle issues with your infusion sets and sensors. You may want to check with your Healthcare Professional about what may be best for you.

Be sure to check product labels of the items you are using to make sure that they are effective for use in the way described.

Please refer to Special Circumstances on page 11 to read about several warnings and precautions for using the pump.

Please see product user guides or visit www.medtronicdiabetes.com/importantsaftyinformation for complete details.
Choosing Your Infusion Set Site

Proper infusion site selection and rotation promotes predictable insulin absorption and protects sites from undesirable tissue changes such as hardening and bumps. Shown here are the best body areas (shaded) for infusion set insertion.

Avoid inserting your infusion set:
- 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. beltline)
- Where you have scarred or hardened tissue or stretch marks
- Rotate infusion set sites to keep your tissue healthy.
- Lumps or hardened areas called “hypertrophy” 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. You may also talk to your Healthcare Professional 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.

IMPORTANT Do not routinely change 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.

Rotating Your Infusion Set Sites

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- 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. You may also talk to your Healthcare Professional 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.

These pictures may be helpful to assist you in rotating your sites in an organized way. If you wear your site in an area other than your belly (leg, arm, or buttocks) you should use a variation of these methods.

Visualize an imaginary clock drawn around 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 an “M” or “W” on either side of your belly button. Start at the end of one letter and proceed through the letter, rotating to each intersection.

Preparing Your Infusion Set Site

1. Wash hands with soap and water.
2. Clean an area the size of a tennis ball with isopropyl alcohol or IV PREP™ where you will be inserting your infusion set. Start from the center of the insertion site and clean outwards in a circular motion.
3. Allow the area to dry naturally.
4. Insert infusion set according to directions.
Tips for Securing Your Site

- Keep the site clean-shaven.
- Remove dead surface skin cells with a facial scrub brush, loofah or washcloth with soap and water.
- Use a prep or additional adhesive underneath or around your site for extra protection by following the tape method steps and specific product directions.
- Stretch skin tight before using a prep wipe or tape.
- After applying the tape, go back around the edge with your finger to seal the edges to your skin.
- Avoid using lotions where you intend to apply tape as the tape may not stick well on top of lotion.

The images below show the methods you can use to secure your sites.

Follow Normal Instructions for Inserting Infusion Sets

Single Tape Method
1. Clean the skin and allow the skin to dry.
2. Insert the infusion set.
3. Apply a clear adhesive dressing directly over the infusion set.

Open Face Sandwich Method
1. Clean the skin and allow the skin to dry.
2. Apply a clear adhesive dressing directly to your skin.
3. Insert the infusion set through the adhesive. Now the adhesive on the infusion set is sticking to the adhesive dressing instead of your skin.

Sandwich Method
1. Clean the skin and allow the skin to dry.
2. Apply a clear adhesive dressing directly to the skin.
3. Insert the infusion set through the adhesive. Now the adhesive on the infusion set is sticking to the adhesive dressing instead of your skin.
4. Apply a second clear adhesive dressing on top of the infusion set.

Non-Deodorant Antiperspirant Method
1. Use a solid or spray antiperspirant for site use only (no gels or creams).
2. Apply to site area and wait 10-15 minutes.
3. Clean site to remove any excess antiperspirant from skin.
4. Clean the site and allow the skin to dry before inserting your set.

NOTE If using the sandwich method with some adhesive dressings, you may not be able to disconnect your infusion set without removing the tape. There are also cut-out tape options.
Choosing Your Glucose Sensor Site
Shown here are the best body areas (shaded) for sensor insertion.

Avoid inserting your glucose 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

Preparing Your Glucose Sensor Site
1. Wash hands with soap and water.
2. Clean an area the size of a tennis ball with isopropyl alcohol (do not use IV PREP™) where you will be inserting your sensor. Start from the center of the insertion site and clean outwards in a circular motion.
3. Allow the area to dry naturally.
4. Insert glucose sensor according to directions.
5. Be sure to rotate your sensor sites.

Sof-sensor ONLY
The images below show the methods you can use to secure your sites.

Follow Normal Instructions for Inserting Sof-sensor
Single Tape Method
1. Clean the skin and allow the skin to dry.
2. Insert the Sof-sensor.
3. Apply a clear adhesive dressing directly over the sensor.

Non-Deodorant Antiperspirant Method
1. Use a solid or spray antiperspirant for site use only (no gels or creams).
2. Apply to site area and wait 10-15 minutes.
3. Clean site to remove any excess antiperspirant from skin.
4. Clean your site and allow your skin to dry as usual before inserting your Sof-sensor.
Enlite® Sensor Taping Tips

It is important that the Enlite overtape is applied properly so that the sensor remains in place. Here are tips to ensure the sensor is properly secured using the Enlite overtape provided.

**Note:** The Enlite overtape should be applied after the sensor is inserted but before connecting the transmitter to the sensor, as shown in the Enlite Serter Guide.

1. **Preparing the overtape**
   - Remove the larger protective white paper from the Enlite overtape backing.

2. **Placing the overtape**
   - Hold the overtape as shown.
   - Apply the adhesive to the rounded part of the sensor and skin.
   - Stretch overtape around the connector so that it ways flat against the sensor’s adhesive pad.

3. **Securing the overtape**
   - Remove the protective white paper from the sides of the overtape, and smooth the adhesive to the skin. Apply firm pressure for several seconds (minimum 5 seconds) to ensure the sensor stays properly aligned in the skin layers.

4. **How the overtape should look**
   - Diagrams 4A and 4B show Enlite overtape securely holding the sensor in place. For best adhesion results, reapply firm pressure for several seconds across the entire overtaped area.

5. **Securing the overtape**
   - Connect transmitter to the sensor.

6. **Adhering the transmitter**
   - Wait for the transmitter to flash.
   - Remove the adhesive liner and place the adhesive flap over the top of the transmitter.
   - **Note:** Do not stretch the adhesive flap during this process.

Enlite® is a registered trademark of Medtronic MiniMed, Inc. Tegaderm™ is a trademark of 3M. IV3000™ is a trademark of Smith & Nephew.
**Additional Taping Options for the Enlite® Sensor**

During wear, the adhesive pad beneath the transmitter may loosen for some patients. Using any of the various options for applying additional tape may reduce transmitter movement and protect the sensor/ transmitter connection.

**Note:** Be sure to regularly check your sensor site to ensure the overtape is holding the sensor securely on your skin.

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### Enlite® overtape

*Enhanced Taping Method*

The front section of the Enlite overtape should be centered on top of the transmitter, while the back section sits entirely on your skin. Press firmly down on the adhesive, for best results.

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### Tegaderm™

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### IV3000™
Product Information

The following products have been recommended by many insulin pump users and Healthcare Professionals as options to ensure a successful site experience. Many of these items can be ordered through our online store at www.medtronicdiabetes.com/store or by calling 1.800.646.4633 and selecting option 2.

IMPORTANT None of the products listed as of the date of this printing contain latex.

If a product is available through Medtronic, you will see this icon.

Preps and Wipes

DID YOU KNOW Preps and wipes are used to clean and prepare your skin prior to infusion set. Barrier wipes are used after cleaning and under tapes and adhesives to help protect sensitive skin.

AllKare® Protective Barrier Wipes by Convatec www.convatec.com
Provides a barrier film layer on skin used under tapes, skin barriers, and adhesives to help protect against irritation and adhesive build-up. Consider using AllKare® Adhesive Remover with this product.

Bard® Protective Barrier Film Wipes by C.R. Bard, Inc. www.bardmedical.com
A liquid that dries to form a breathable film that liquids can’t penetrate. Protects against abrasion and friction. Consider using Bard® Protective Barrier Film Remover with this product.

Cavilon™ Durable Barrier Cream by 3M www.3m.com
A concentrated, therapeutic cream that provides durable, long-lasting protection. Resists wash off and therefore requires less frequent applications.

IV Prep™ Wipes by Smith & Nephew, Inc. www.smith-nephew.com
“Prep the site” with IV Prep for antiseptic cleansing to reduce irritation and to make the tape stick better. NOTE: IV Prep Wipes should not be used to prep a glucose sensor insertion site.

NO STING SKIN PREP™ Wipes by Smith & Nephew, Inc. www.smith-nephew.com
Helps to protect skin from irritants. Unique non-sting formula can be used on intact or damaged skin. NOTE: Skin-Prep Wipes should not be used to prep a glucose sensor insertion site.

SKIN-PREP™ Wipes by Smith & Nephew, Inc. www.smith-nephew.com
Effective protection between tape and skin. Recommended for tape and film adhesion. Non-irritating. NOTE: Skin-Prep Wipes should not be used to prep a glucose sensor insertion site.

Skin-Tac™ Wipes or Liquid by Torbot Group/Mason Labs www.torbot.com
This hypo-allergenic wipe aids in the adhesion between skin and adhesive tape. Consider using Tac Away® Adhesive Remover with this product. NOTE: Skin-Tac Wipes should not be used to prep a glucose sensor insertion site.

Tincture of Benzoin by Various Retailers
Keeps tape sticky in wet or hot conditions. Available in spray or liquid. If you purchase the liquid, use a Q-tip to apply a small amount as needed. NOTE: Tincture of Benzoin should not be used to prep a glucose sensor insertion site.
DID YOU KNOW  Tapes and adhesives are used to hold an infusion set or CGM transmitter in place and you may need to try different products to find the right one for you.

### Hollister 7730 by Hollister, Inc.
Silicone adhesive that allows skin to breathe. Can be used on sensitive skin.

### Hypafix™ Tape by Smith & Nephew, Inc.
Non-woven fabric made from white polyester material and coated with hypoallergenic adhesive on quick-release backing paper.

### Hy-Tape® by Hy-Tape International
A tape with zinc oxide that is waterproof and washable. Adheres to wet, oily, or hairy skin.

### IV3000™ by Smith & Nephew, Inc.
Clear, transparent tape dressing. Can be used to cover infusion sets or sensor sites.

### Infusion Set IV3000™ by Smith & Nephew, Inc.
Clear, 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.

### Mastisol® by Ferndale Laboratories, Inc.
Clear, non-irritating liquid adhesive. Consider using Detachol® Adhesive Remover with this product.

### Micropore™ Surgical Tape by 3M
An economical, general purpose, breathable paper surgical tape. Available in various sizes.

### Nexcare™ Durapore™ Durable Cloth Tape by 3M
Strong, durable, and multi-purpose, silk tape with excellent adhesion. Tears easily for application, is permeable, hypoallergenic, and comfortable.

### OpSite™ by Smith & Nephew, Inc.
Transparent waterproof dressing.

### Paper Tape by Various Retailers
Economical, for general use.

### Polyskin™ II Transparent Dressing by Covidien
Transparent dressings made of a thin polymer film coated with a hypoallergenic adhesive. A simple, effective delivery system allows one-handed application.

### Tegaderm™ I.V. Transparent Film Dressing by 3M
Transparent, water-resistant wound dressing.

### Transpore™ Surgical Tape by 3M
Clear, porous, plastic hypoallergenic surgical tape. Available in various sizes.
Adhesive Removers

**DID YOU KNOW** If you have sensitive skin you may use adhesive removers to gently remove excess adhesive from your skin.

- **AllKare® Adhesive Remover** by ConvaTec  
  Gently removes all adhesives including skin barriers, tapes and hydrocolloid dressings.  
  [www.convatec.com](http://www.convatec.com)

- **Bard® Protective Barrier Film Remover** by C.R. Bard, Inc.  
  Convenient disposable wipes that effectively remove barrier films and adhesives.  
  [www.bardmedical.com](http://www.bardmedical.com)

- **Detachol® Adhesive Remover** by Ferndale Laboratories, Inc.  
  Non-irritating, alcohol free, and hypoallergenic liquid used to remove left over adhesive material from sensitive skin.  
  [www.ferndalelabs.com](http://www.ferndalelabs.com)

- **Tac Away® Adhesive Remover** by Torbot Group/Mason Labs  
  For complete, effective removal of adhesive residue. Non-Acetone.  
  [www.torbot.com](http://www.torbot.com)

- **UNI-SOLVE™ Wipes** by Smith & Nephew, Inc.  
  Designed to ease tape and adhesive dressing removal.  
  [www.smith-nephew.com](http://www.smith-nephew.com)

All products shown are trademarks or registered trademarks of their respective companies.

Removing Your Adhesive

If you wear additional adhesive with your infusion set or sensor and have a hard time removing the adhesive, speak with your Healthcare Professional about using one of the adhesive removers listed in the chart.

For questions, speak with your Healthcare Professional or call the 24-Hour HelpLine Team at 1.800.646.4633 and select option 1.

When To Call

**Your Healthcare Professional**

Contact your Healthcare Professional for medical advice, including:

- For any blood glucose (BG) or insulin adjustment questions and diabetes management
- To report severe hypoglycemic and hyperglycemic episodes
- To receive guidelines for exercise or temporary basal rates
- To plan for sick days and hyperglycemia
- When there is illness, ketones or vomiting

**Medtronic Diabetes 24-Hour HelpLine**

Before you call the HelpLine, review our online resources or workbooks. Then call:

- For technical assistance with your insulin pump, blood glucose meters, or infusion sets and reservoirs
- For technical assistance with your sensors or MiniLink® Transmitter
- To report issues or concerns with your Medtronic products

In addition, consider uploading your device data into CareLink® Personal so that we may review it with you.
Tips for Special Circumstances

Water Activities and an Insulin Pump
• Be aware that drops and bumps that occur over time will affect the integrity of the pump case and make it more vulnerable to damage from water. Lotions, sunscreens and insect repellent can also damage the pump case. It is not known how much water is needed to damage your pump. You should avoid getting your pump wet. To shower, bathe, swim, or participate in water activities, always disconnect from your pump and reconnect after you are out of the water.
• You may use the quick release feature of the infusion set to easily disconnect from the insulin pump and tubing—leaving only the infusion site in place for swimming, showering and bathing.

Water Activities and a CGM Transmitter
• The CGM Transmitter when connected with a glucose sensor is watertight to a depth of 8 feet (2.4 meters) for up to 30 minutes. You can swim, shower or bathe with the transmitter and sensor connected.
• To participate in water activities, you can easily disconnect from your insulin pump and keep it in a dry place while keeping your CGM transmitter connected to the sensor. The transmitter holds 40 minutes of data, be aware when you upload your device to CareLink® Personal that there will be a “data gap” with missing information if you are disconnected for more than 40 minutes.

Site Change Awareness and Absorption Change
• Switching to alternative sites may result in some changes in BG control due to changes in the speed of insulin absorption in various sites.
• If you use a new location for your infusion set you may need to test your BG more frequently.

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 it occurs from a tape or adhesive, consider using a different type. If it occurs from a prep or wipe, consider using a different type or use antibacterial soap.
• Notify your Healthcare Professional if you need assistance.

Pain on Insertion
• You may put ice on the site to numb it slightly before inserting the needle.
• You may use 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.
  • You will need to wipe all the cream off and clean the area allowing it to dry before insertion.
  • Check with your Healthcare Professional about which one may be best for you.
• If you experience pain for a period of time after the infusion set has been in place, this may indicate that you are in or near muscle tissue, and the set should be changed.

Pregnancy (the Enlite® sensor is not approved for use in pregnancy)
• When the abdomen becomes too firm to pinch for an infusion set insertion, you may use the upper outer thigh, upper arm or hip instead.
• Switching to these alternative sites may result in some changes in BG control due to changes in the speed of insulin absorption so you may need to check your BG more frequently.
• Infusion sets may need to be changed every 24-48 hours during pregnancy.
• Be sure to follow the advice of your Healthcare Professional.