

### Appropriate sites:

- Abdominal area
- Hips and buttocks
- Outer thigh
- Back of the arm

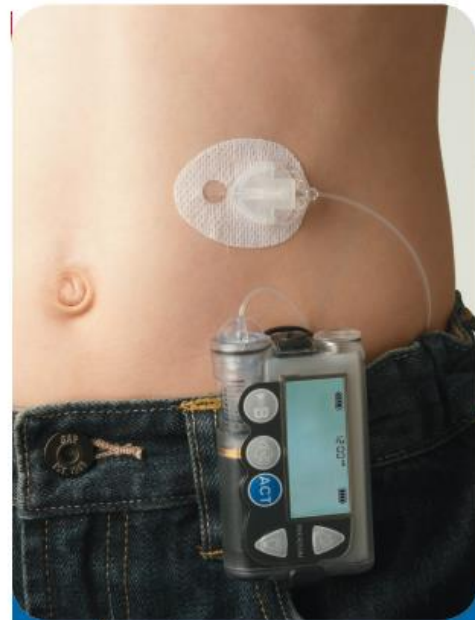


### Keep adequate supplies on hand

Because it is critically important that insulin reservoirs and infusion sets be changed every two to three days, it is necessary to make sure that you have the supplies you need when you need them. It is wise to keep enough supplies on hand to accommodate periods of high use as well as normal use. The easiest way to ensure your therapy is uninterrupted is to reorder reservoirs and infusion sets when you open your last box.

### An ounce of prevention is worth a pound of cure

It's a lot easier to manage your glucose and optimize the effectiveness and safety of your therapy when you are proactive in keeping your infusion site healthy and your insulin, reservoir, and infusion set fresh. With a little care, you can take full advantage of the convenience and added freedom provided by your insulin pump—and avoid serious problems.



*Important information for insulin pump users*

## Effective Infusion Site Management

The key to successful pumping



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A few simple principles can significantly improve your results.

### Change reservoir regularly

Insulin loses its strength over time, especially with heat and agitation. As this happens, insulin becomes less effective, and controlling blood glucose becomes more difficult. Therefore, it is critically important to change the insulin reservoir every two to three days in order to maintain the effectiveness of your therapy.

### Rotate infusion site regularly

Successful pumping depends to a large degree on maintaining fully operational infusion sets and sites. It is important to change sets and sites every two to three days to ensure that you will always have healthy, viable sites for infusion. Therefore, you should rotate your infusion site every time you introduce a new infusion set. This helps to reduce:

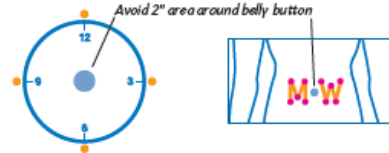
- Risk of infection
- Unpredictable insulin absorption
- Lipohypertrophy (bulging of an area of the skin that forms when insulin is repeatedly injected in the same spot)
- Site irritation
- Scar formation



### Abdominal rotation methods

The abdominal area is the most common site for set insertions because absorption is very consistent. To keep abdominal sites healthy, some people find it helpful to use a visual scheme to help them rotate their infusion sites in an organized way. Here are two commonly used methods. For maximum effectiveness, you may want to use both methods, alternating between them. In both cases, avoid the 2" area surrounding the belly button.

On a calendar or in your blood glucose log book, keep track of your infusion sites to ensure proper site rotation.



#### Clock Face

Visualize an imaginary clock drawn on your abdomen surrounding your belly button. Rotate infusion sites by starting at 12 o'clock and then rotating the site clockwise to 3 o'clock, 6 o'clock, etc.

#### M/W

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 in turn (see illustration).

### Inspect infusion site frequently

It is important to check your infusion site to verify that the cannula is properly inserted and that there is no sign of leakage. Also look for signs of infection, which generally begins at the tip of the cannula or needle and not on the surface. Signs and symptoms of infection include:

- Elevated blood sugar
- Redness
- Tenderness
- Heat
- Lump under the skin
- Pus
- Fever

If you suspect that there may be an infection at your current infusion site, contact your healthcare provider immediately.

