

# HEALTHY REMINDERS

## SUCCESSFUL INSULIN PUMP THERAPY

You'll find that it's a lot easier to manage your blood sugar and optimize the effectiveness and safety of your insulin pump therapy when you are proactive in keeping your infusion site healthy and your insulin, reservoir, and infusion set like new.

The U.S. Centers for Disease Control and Prevention (CDC) recommend that you change your infusion set **every two to three days** to prevent infection. It's also critical that you rotate your infusion **site** each time you change your infusion set. Regularly changing your infusion set, reservoir, and site can help prevent:

- Infection<sup>1</sup>
- Unexplainable highs<sup>2</sup>
- Scarring<sup>3</sup>
- Fatty tissue buildup<sup>4,5</sup>
- Erratic insulin absorption<sup>6</sup>

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## INFUSION SET/SITE BEST PRACTICES

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### Regularly rotate your infusion site in an organized way

Use one of the many rotation methods — such as the clock method or the “M” or “W” method — to ensure that you will always have healthy, viable sites for infusion.

### Know the signs of infection

Signs and symptoms of infection generally begin at the tip of the cannula or needle and include:

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

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

## Watch for air bubbles or kinks in the tubing

These can lead to missed insulin delivery, resulting in unpredictable blood glucose levels. Air bubbles and kinks may be a result of improper infusion set change technique. Please refer back to the instructional CD-Rom that was provided within your insulin pump box.

## Prime the infusion set to ensure immediate delivery of insulin

Remember you will need to prime the infusion set and cannula. Refer to your infusion set instructions for specific information.

## INFUSION SET REFERENCE GUIDE

| Brand Name                 | Quick Set®           | Silhouette®            | Sof-set®             | Sure-T®      |
|----------------------------|----------------------|------------------------|----------------------|--------------|
| Connector Type             | Paradigm®            | Paradigm® (13mm, 17mm) | Paradigm®            | Paradigm®    |
|                            | Luer-lock            | Luer-lock (17mm)       | Luer-lock            |              |
| Cannula Type               | Soft Teflon          | Soft Teflon            | Soft Teflon          | Steel Needle |
| Cannula Length             | 6 mm; 9 mm           | 13 mm; 17 mm           | 6 mm; 9 mm           | 6 mm         |
| Tubing Length              | 23 inches; 43 inches | 23 inches; 43 inches   | 24 inches; 42 inches | 23 inches    |
| Automatic Insertion Device | Quick-serter®        | Sil-serter®            | Sof-serter®          | None         |
| At Site Disconnect         | Yes                  | Yes                    | No                   | No           |
| Change Frequency           | 3 days               | 3 days                 | 3 days               | 2 days       |

## Help is available

Remember, if at any time you are having difficulty with your infusion set or just have a question, contact:

- Our 24-hour HelpLine at **1-800-646-4633**
- Your Medtronic Diabetes Clinical Consultant (DCC)
- Your healthcare provider

Medtronic Diabetes offers several other resources to help you adjust to insulin pump therapy:

- Go to [www.medtronicdiabetes.com/infusionsets](http://www.medtronicdiabetes.com/infusionsets) for more information on infusion sets
- Review pump school online at <http://pumpschool.minimed.com>
- Attend a Patient Information Event (PIE) or a Community Outreach Diabetes Education (CODE) class



**Medtronic Diabetes 24-Hour HelpLine: 1-800-646-4633**  
[www.medtronicdiabetes.com](http://www.medtronicdiabetes.com)

Diabetes Headquarters  
Medtronic Diabetes  
18000 Devonshire Street  
Northridge, CA 91325

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