

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

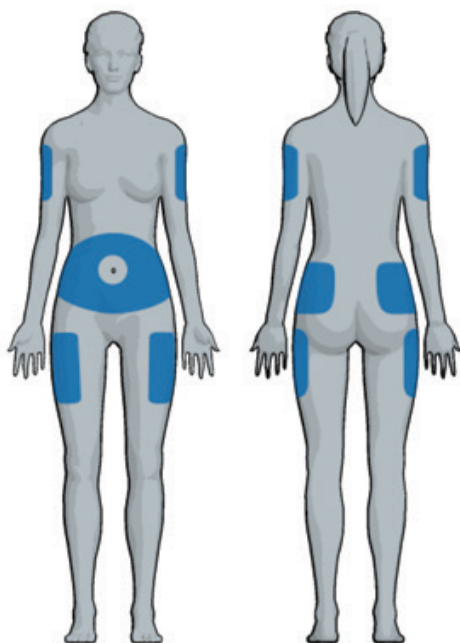
Avoid inserting your infusion set or sensor:

- Into the 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.

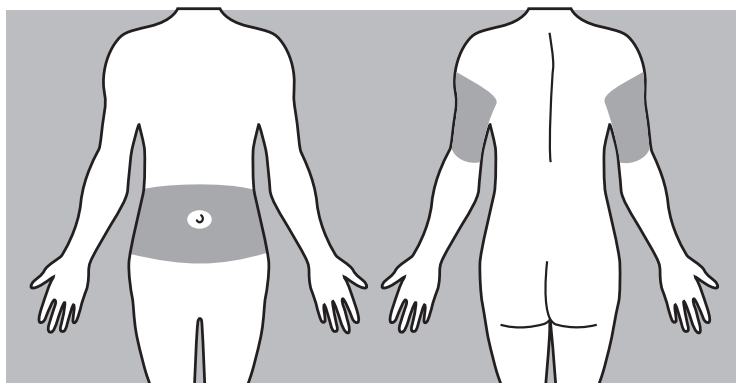
COMMONLY USED INFUSION SITES

Shown here are the best body areas (shaded) for infusion set insertion. The recommended sites are the abdomen and the buttocks and other possible alternative sites include the outer thigh and back or arms.



RECOMMENDED SENSOR INSERTION SITES

Choose an insertion site that has an adequate amount of subcutaneous fat. Shown here are the best body areas (shaded) for sensor insertion. It is recommended to insert on the **back of the arm** for best sensor accuracy.²



Do not insert the sensor in muscle or areas constrained by clothing or accessories, areas with tough skin or scar tissue, sites subjected to rigorous movement during exercise, or in sites under a belt or on the waistline for best sensor performance and to avoid accidental sensor removal.

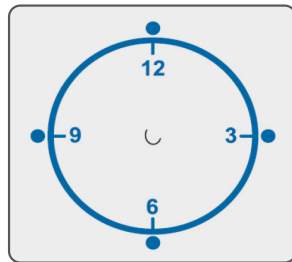
*For the steps of how to insert your infusion set or glucose sensor, please check the product user guide

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 absorption¹ – 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 frequently¹

How you can choose insertion sites and remember to rotate:

Visualise 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.

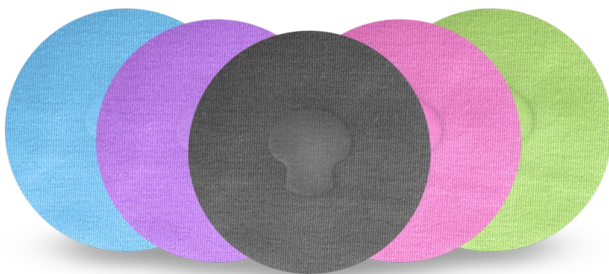
Blanket tape method:

- 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, e.g. a strip of Leukotape® K (BSN Medical) or a rectangle shape cut out of Hypafix® Tape (BSN Medical)
- Apply directly over the sensor




Contact a local plaster supplier:

- Sticky and Sweet supplies medical grade plasters for diabetes medical devices
- Reach them: <https://stickyandsweet.co.za/>



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 from **Medipost (+27 12 426 4560, diabetes@medipost.co.za)** or ask your **local pharmacy**.

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 by Smith & Nephew, Inc. | Prepares skin and helps tape stick better. Great in humid climates or for those that sweat. |
| Skin-Tac™ Wipes by Torbot Group/Mason Labs | Aids in the adhesion between skin and tape. Latex free and hypo-allergenic. Consider using Tac Away® Adhesive Remover with this product. |
| Cavilon™ Barrier Film by 3M | It comes in a spray, cream or wipes. The hypoallergenic no-sting formula creates a skin barrier to applied area to reduce skin friction and irritation |
| Flonase™ Nasal Spray by GSK | Over the counter spray that can be applied to the skin to reduce allergic reactions and resulting skin irritation |

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 |
|--|---|
| TacAway® Adhesive Remover by Torbot Group/Mason Labs | For complete, effective removal of adhesive residue. Non-acetone. |
| UNI-SOLVE™ Wipes by Smith & Nephew, Inc. | Designed to ease tape and adhesive dressing removal. |
| Leukotape K Adhesive Remover by BSN medical. | Specifically designed to remove the adhesive from Leukotape K tape |
| Baby Oil (Generic) by different manufacturers | Common family skin care product that can help remove residue. 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 by BSN Medical | Non-woven fabric made from white polyester material and coated with hypoallergenic adhesive on quick-release backing paper. |
| IV3000™ Tape by Smith & Nephew, Inc. | Transparent moisture responsive film dressing. |
| Infusion Set IV3000™ Tape by Smith & Nephew, Inc. | Transparent tape dressing with a customized design to fit around the Quick-set™, Silhouette™ and Sure-T™ infusion sets. Made with the same adhesive and film as IV3000™ Tape. |
| Kendall™ Transparent Film Dressing (former Polyskin™ II) by Covidien | Moisture Vapor Permeable transparent tape to keep the skin dry and more comfortable at the insertion site. |
| Leukotape® K by BSN Medical | Elastic adhesive tape that is stretchable and works with the skin's natural elasticity |
| Tegaderm™ Film by 3M | Clear tape dressing that adheres well when exposed to moisture. |
| Guardian Connect Plaster by Sticky and Sweet | Rounded plaster that can be used for taping all Medtronic sensors, including the sensor used for insulin pump systems. Visit their website for more information: https://stickyandsweet.co.za/ |

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.co.za 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* 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 Product Support line at +27 (0) 800 633 7867 (MEDPUMP). You can also visit: www.medtronicdiabetes.co.za

Contact Medtronic for technical assistance or to report product issues. Reach out to your healthcare professional for medical advice.

1. Deiss D, et al. Insulin Infusion Set Use: European Perspectives and Recommendations. DIABETES TECHNOLOGY & THERAPEUTICS 2016; 18(9): 517-524

2. Christiansen MP, et al. Diabetes Technol Ther. 2017;19(8):446-456 GSR data were obtained using the Guardian Link 3 transmitter calibration algorithm and calibration values from the MiniMed 640G insulin pump.

* At the time of manufacture and when the reservoir and tubing are properly inserted, your MiniMed™ 670G and MiniMed™ 640G 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.

SEE THE DEVICE MANUAL FOR DETAILED INFORMATION REGARDING THE INSTRUCTIONS FOR USE, INDICATIONS, CONTRAINDICATIONS, WARNINGS, PRECAUTIONS, AND POTENTIAL ADVERSE EVENTS. FOR FURTHER INFORMATION, CONTACT YOUR LOCAL MEDTRONIC REPRESENTATIVE.

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