

MiniMed™ 780G system Infusion sets tips and site management

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This information guide is intended to help you with additional infusion set management

Check with your healthcare team about solutions that may be best for you.

Selecting your site

Did you know? It's important to carefully choose your insertion site and to make sure you rotate your site each time your infusion set is changed. This will help to keep insulin absorption predictable, as well as help you avoid unwanted skin changes like hardening or bumps. Make sure to only fill your reservoir with enough insulin to last you about 3.5 days. This will help to keep you on the regular set change schedule!

Avoid inserting your infusion set:

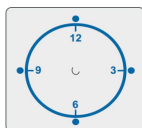
- Into the 5.0 cm area around your belly button
- Where your body naturally bends a great deal
- In areas where clothing may cause irritation, such as your beltline
- Where you have scarred or hardened tissue or stretch marks or tattoos

Try to avoid changing your set before bedtime, unless you are able to check your levels 2-3 hours afterwards to make sure the set is working properly

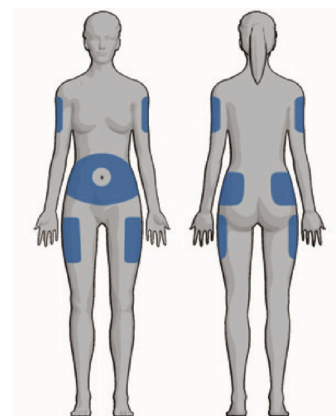
Rotating your sites:

- Rotate infusion set and sensor sites to keep your tissue healthy.
- Lumps of hardened areas are usually caused by injecting insulin into the same site over time or keeping infusion sets in for too long. 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. You may need to check your levels more frequently¹.

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



Commonly used infusion sites Shaded areas 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.

Securing your site:

Before you insert your infusion set, wash your hands and prepare your site with an alcohol wipe. 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/shave hair if desired
- Avoid using lotions where you intend to apply tape as the tape may not stick well on top of the 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

If you find the sets don't stick well, try the 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 10-15mins
- Clean site to remove any excess antiperspirant from skin and allow it to dry before insertion

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 anaesthetic) – some are available by prescription only. Note that these have specific instructions so be sure to follow the directions provided by the manufacturers. You will also need to wipe all the cream off, clean the area and dry it, prior to insertion
- 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 it should be changed.

If you are sensitive to the adhesive in the set, try the sandwich method:

- Clean skin and allow to dry
- Apply a clear adhesive dressing directly onto the skin. Check to make sure your skin does not react to that tape.
- Insert the infusion set through the adhesive dressing; now the adhesive on the infusion set is sticking to the dressing instead of your skin
- Apply a second clear dressing on top of the infusion set

Skin sensitivities, allergies and skin reactions:

- Allergies and skin reactions such as itching, rashes or bumps may occur. When you notice these, determine the cause and try a different product.
- If the site becomes irritated or inflamed, the set should be removed and a new one inserted in a different location.
- If you are having repeated issues, please contact your healthcare team or your local Medtronic team member for assistance.

Bleeding on insertion:

- 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.

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Alternative methods for taping your sites

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Tape and adhesive options

Tapes and adhesives are used to hold an infusion set in place and you may need to try different products to find the right one that suits you. Follow the instructions by the manufacturers and your healthcare team.

Product name	Description
Hypafix®, Fixomull®, and others	Non-woven fabric made from white polyester material and hypoallergenic adhesive on quick release backing paper
IV3000™ and Tegaderm™ tapes	Transparent moisture responsive clear film dressing
Parker Sil-flex™ tape	Transparent silicone based tape that works well with people that have severe skin allergies
Rocktape®, Rocktape H2O®, Sport tapes and others	Fabric-based tapes that work well to keep the transmitter stable with little movement
Type Strong®, Not Just a Patch®, Rockadex® and others	Fabric based patches made by various Australian suppliers

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. Follow the instructions by the manufacturers and your healthcare team.

Product name	Description
IV Prep™ Wipes/Spray	Prepares skin and helps tape stick better. Great in humid climates or for those that sweat.
Skin-Tac™ Wipes	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	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
Nasonex® Nasal Spray	Over the counter spray that can be applied to the skin to reduce allergic reactions and resulting skin irritation
Advantan® 1% ointment	Prescription required and is used help manage allergic reactions on the skin

Adhesive removers:

If you use additional adhesive, it may be difficult to remove them, or if you have sensitive skin, speak to your healthcare team about using of these adhesive removers. Follow the instructions by the manufacturers and your healthcare team.

Product name	Description
Zoff® Adhesive Remover spray or wipes	Reduces trauma of adhesive removal and is easy to use. Is reported to be gentle.
Remove® or Uni-Solve®	Remove® contains Aloe for gentle removal and Uni-Solve® is designed to ease adhesive removal.
Baby Oil (Generic)	Common family skin care product that can help remove residue.

Summer activities:

- In summer, think about using extra tapes or adhesives to keep your set secure.
- In summer, with increased activities, your pump may be dropped or bumped more. Check your pump case more frequently and if you see a crack, please call the Global Helpline as soon as possible. Cracks make the pump more vulnerable in water.
- Lotions, sunscreens and insect repellants may also damage the pump case, so if you use these, make sure not to get the lotion on the pump.

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 of infusion set and site placement for you.
- Medtronic offers different types of infusions sets and each set has options such as different tubing lengths and different cannula or needle options. Please visit medtronic-diabetes.com.au to learn more.

NOTE: For any other questions, speak with your healthcare professional Alternatively, please call the 24-hour Global Helpline at 1800 777 808. You can also visit: <https://medtronic-diabetes.com.au>

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 and Therapeutics 2016; 18(9): 517-524

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Always follow the directions for use.

12454-042023

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