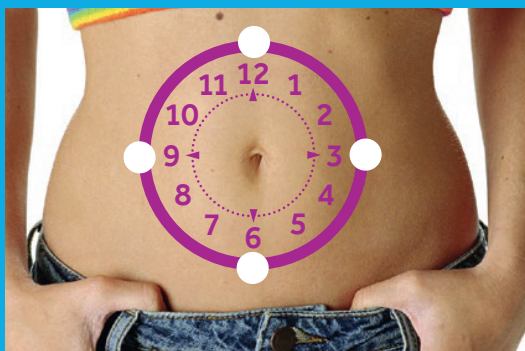


## WHY IS IT IMPORTANT TO ROTATE INFUSION SITES REGULARLY?

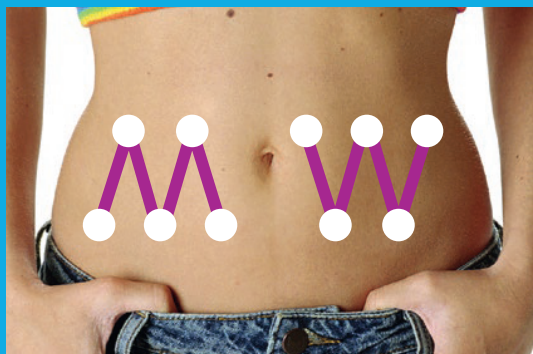
Whether you use a syringe, pen or infusion set to inject your insulin – it is important not to use the same site too often. Re-using the same site can lead to the fatty tissue under your skin becoming hard and bumpy (lipohypertrophy).

Insulin is not absorbed evenly in these areas and can lead to unexpected high or low blood glucose levels. Rotating infusion sites gives your skin a chance to recover, helps to ensure insulin is absorbed easily and reduces the risk of infections.

Using a simple visual scheme, such as a clock face or a regular pattern (shown below), can help you remember which site to use next.



Imagine a clock drawn on your abdomen. Rotate infusion sites by starting at the 12 o'clock position and use the site at 3 o'clock, then 6 o'clock, and so on.



Imagine an 'M' or 'W' pattern approximately 10 cm long on either side of your belly button. Start at the end of one letter and proceed through the letter, rotating the infusion set at each corner.

It does not matter what rotation method (or combination of methods) you use as long you rotate the infusion sites and avoid the 5 cm area surrounding your belly button.

## LOOKING AFTER YOUR SKIN

### Signs and symptoms of infection

Redness, swelling, heat sensations, itching and pain – as well as unexpected high blood glucose levels – are all signs of an infection. If you notice any of these signs, replace the infusion set and

contact your healthcare provider immediately so that the infection can be treated quickly.

### Tips for preventing Infections

- Always wash your hands before handling infusion sets and sites
- Thoroughly prepare the infusion site (as instructed by your healthcare provider)
- Avoid touching the needle, cannula or other parts that come in to contact with insulin
- Check the site frequently for any problems
- Change infusion sets and sites every 2-3 days
- Do not keep sets if the packaging seal is broken or the expiration date has passed.

### Post-removal skin care

Adhesive-removal products can be used to help get rid of any left behind adhesive. You can also apply an antiseptic cream to help prevent infections or a moisturiser to prevent any dryness.

## DON'T FORGET THE RESERVOIR

Insulin reservoirs are important parts of your insulin pump system. It is also important to change these reservoirs every 2-3 days, particularly if they have been exposed to excessive heat or sunlight.<sup>5</sup>

## STAY WELL SUPPLIED

You can order your insulin reservoirs along with your infusion sets – it is important to use the right reservoir size for your particular needs.

The total amount of insulin you need for 2-3 days infusion will determine the reservoir size. Your healthcare provider will help find the best reservoir size for you.

Always have the supplies ready for when you need them. Contact the NDSS or your local pharmacy.

This leaflet helps you understand a little more about infusions sets and how important they are in successfully managing your diabetes. It does not replace the advice of your healthcare provider.

Always consult your healthcare provider if you have any questions or concerns about your condition.

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# THE BENEFITS OF GETTING IT RIGHT

## AN INFUSION SET GUIDE



### WHY ARE INFUSION SETS SO IMPORTANT?

Everyone wants to get the best out of their treatment - so it is important to spend a little time to get to know the best way to use your infusion set and manage your infusion sites.

Infusion sets connect your insulin pump to your body allowing a constant delivery of insulin. Anything that affects how they work or how your body takes up the insulin may affect how well your diabetes is controlled.



### WHAT DO I NEED TO DO?

To get better blood glucose control and look after your skin health it is important to:

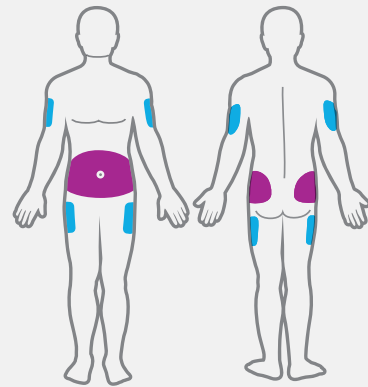
#### Change your infusion set after 2-3 days:

- Blood glucose levels increase for each additional day you wear the same infusion set<sup>1,2</sup>
- Longer set wear may lead to poor blood glucose control and more hyperglycaemic episodes<sup>3</sup>
- Delaying your set change means you are 4 times more likely to have infusion site problems (itching, bruising, swelling and pain)<sup>3</sup>
- More set problems, such as poor adhesion and leakage, start to occur the longer the set is used<sup>1</sup>

### HOW DO I CHOOSE THE RIGHT INFUSION SITE?

Selecting the right infusion site is important. Your body will take up insulin differently depending on where you infuse and what activities you do. Your healthcare provider will help you select the best site for you and your lifestyle.

Your abdomen (tummy) absorbs insulin the fastest and is the site used by most people. The upper arms, buttocks and thighs are also commonly used – but have slower absorption rates than the abdomen.<sup>4,5</sup>



■ Recommended infusion sites    ■ Other possible infusion sites

It is important to regularly change the infusion site within the same area (e.g. your abdomen), but talk to your healthcare provider first before you completely change the site location (e.g. from your abdomen to your thigh).

Look for the helpful DAYS OF USE reminder on your infusion set box.



Use it right and use it in good health. Change your infusion set every 2 to 3 days.

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