

## Infusion Site Selection and Care

It is important to choose infusion sites that will help your insulin absorb evenly, and to take good care of the sites you choose. Taking care of your sites will help prevent changes in your tissue (like hardening and bumps) and will help prevent infections.

### Selecting Sites

Insulin is absorbed and used best from the abdominal area. It is the most common area recommended by healthcare providers (HCPs) for infusion set placement. Other popular sites are the hip and upper buttocks area (above or below your belt line).

When inserting an infusion set, you should avoid the waistline or belt area and undergarment lines. Placing an infusion set in these areas may cause friction leading to site irritation and the set may become dislodged. Insert the infusion set at least two inches away from the belly button and avoid areas with scars, tattoos and moles for premium absorption of your insulin.

### Caring for Sites

Infusion site infections are potential problems for pumpers. By taking proper care, you can greatly minimize your risk. This includes preparing your skin properly before inserting an infusion set, changing your infusion set as directed by your HCP, and quickly responding to any problems that arise.

### Caring for Infusion Sites:

- Always wash your hands thoroughly before changing your infusion set.
- Change your infusion set every two to three days or as directed by your HCP.
- Change your infusion set early in the day. This will allow you to take action more quickly if your insulin is not infusing properly through the cannula (the part that sits under the skin and delivers insulin into the body). If your insulin is not infusing properly, you will notice because your blood glucose levels will be higher than usual.
- Rotate your sites and allow at least one to two inches between site rotations.
- Make sure you are working on a clean surface when you change your infusion set.
- Clean the site you plan to use per instructions from your HCP. Changing an infusion set after bathing helps to ensure the insertion area is clean.
- Prepare your site with a product such as IV Prep<sup>®</sup> or as recommended by your HCP.
- After preparing your site, allow it to dry naturally. Do not blow on or touch the site because this may lead to the spread of germs.
- Inspect the sterile packages before you open them. Do not use a package if it has been damaged.
- Once you open the package, keep the contents inside the package to keep them sterile. Do not place the contents directly on the table.
- Make it a habit to inspect your site twice a day. If you notice signs of infection, report them to your HCP as soon as possible.
- Change your infusion set if you notice discomfort or signs of infection at the site.