

Aside from actually operating your insulin pump and learning how to use it to manage your diabetes, one worry for many new pumpers is finding the best way to wear it in different situations. Fortunately, you have many options with a long list of accessories! Here are a few ideas to get you started:

## Day-to-Day

- If you are wearing pants, shorts, or a skirt, clip the pump to your waistband using one of the accessory clips that came with your pump.
- Put your pump in your front pants pocket. If you are wearing a belt, you can put the tubing under your belt and then in your pocket.
- Many women put the pump in their bras. You can put the pump into a baby sock to help with sweating and irritation or try other accessories available from Animas.
- If you are wearing a dress or a loose shirt, try the waist-oriented accessories available from Animas to hold your pump under your clothing.
- Put your pump in your sock for easy access.
- Sew a pocket on the inside of a piece of your clothing and place the pump inside of the pocket.

## Exercise

- For activities that are not too intense, clip the pump on your waistband.
- For more intense exercise, accessories are available from Animas which will secure your pump around your waist. It is similar to a fanny-pack, but less bulky. It also has an extra pocket to carry a blood glucose meter and glucose tablets.
- For contact sports, it is best to disconnect your pump.

## Sleeping

- Place the pump near or under your pillow. Some people keep the pump on the night stand, which may require longer length tubing.
- Clip the pump to your pajamas, put it in a pocket, and see Animas.com for other accessories popular for sleeping.

## Swimming

- Animas<sup>®</sup> pumps are waterproof for 24 hours in 12 feet of water under normal swimming conditions. You should not wear your pump while scuba diving or while using high diving boards.
- Make sure you change your battery compartment cap as directed in your Owner's Booklet and that the o-ring on the cap is not dried out or broken.
- Your pump should not be taken into hot tubs or hot baths as the extreme temperature can adversely affect insulin quality.
- Do not remove the pump for longer than one hour without a plan for insulin replacement.
- If you suspect your pump may have been damaged or otherwise had its waterproof integrity compromised, DO NOT use in water. Call Animas Customer Support at 1-877-YES-PUMP (1-877-937-7867) for assistance.

## Intimacy

- For intimate times, you can disconnect from your insulin pump. Do not remove the pump for longer than one hour without a plan for insulin replacement.
- Don't forget to reconnect! If you are concerned that you may forget to reconnect, put your pump in Suspend mode. While in Suspend mode your pump will beep or vibrate as a reminder to reconnect.