



Ypsomed Infusion Sets

Tips & Tricks

The journey to successful insulin pump therapy depends on proper care and protection of the infusion site. Proper care will help prevent infections and changes in your tissue such as hardening and bumps. The information in this article will assist you to prevent, or troubleshoot, the most common problems related to infusion site wear.

Disclaimer: Follow proper infusion site preparation techniques according to the infusion set instructions and the recommendation of a healthcare provider.

Proper cleaning¹

- Ensure the insertion site is clean using a sterile prep or alcohol swab.
- Use a clean workspace and have clean, dry hands.
- Keep all parts of the infusion set clean. Do not touch the infusion set needle or other parts that are in contact with insulin.
- Avoid touching or breathing on the infusion set cannula and insertion area when preparing the site.

Better adhesion¹

- After cleaning the insertion site area, it is important to allow the site to air-dry for at least 60 seconds. DO NOT blow or wave on the site, which can increase the risk of infection. A clean and dry site will allow the infusion set to adhere better to the skin.
- Consider where you are wearing your infusion set – a waistband or belt may interfere and cause the set to fall off early or cause irritation.
- If excess body hair at the site is an issue, you may want to trim or shave excess hair. Excess hair can lead to adhesion issues and painful removal.
- Always make sure the dressing is securely attached to the skin and inspect the site frequently.
- You may need additional adhesive such as SKIN-PREP if you are active, sweating, swimming or live in a high humidity area. Ensure the site is completely dry before insertion.
- Hypafix® or Tegaderm™ may also be helpful if prepping the skin was not enough. Place on top of your infusion set's adhesive pad once your set is in place. Only cover the adhesive pad, not the area needed to disconnect and connect.

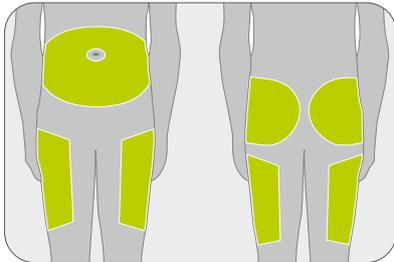
Other considerations¹

- If needed, to make insertion more comfortable, you can numb the skin at the infusion site with a topical anesthetic such as Emla®, or simply with ice.
- It is recommended to change your infusion set at least 3 hours before bedtime. This allows you to check your blood glucose 2 to 3 hours after a site change to ensure it is working properly.
- Never keep infusion set in longer than recommended.



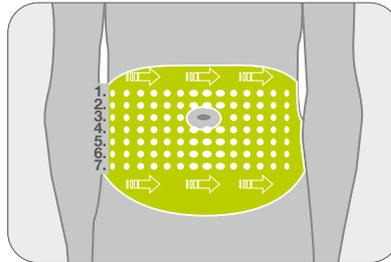


Site Selection:

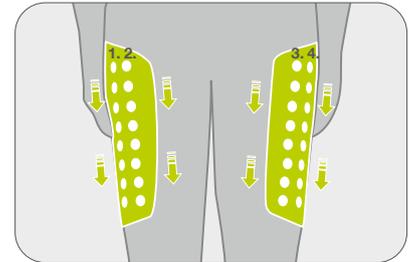


Areas in green are all suitable sites for your infusion set.

Site Rotation:



Rotating your infusion sets to different sites on your body is very important for prevention of lipohypertrophy (tissue hardening).



Areas to Avoid¹

- Within two inches of belly button
- Highly exercised areas
- Exposed to rubbing or bumping
- Blood vessels
- Previously infected areas (avoid for at least one month)
- Tattoos and body piercings
- Within two inches of a recently used site
- Sensitive areas
- Under a waistband of clothing
- Over a bone
- Scar tissue/surgical scars/stretch marks

If unexplained elevated blood glucose – Check the infusion set for the following¹

- Is the tubing primed or filled with insulin?
- Is there air in the tubing?
- Did you remember to fill the cannula with insulin after inserting new set?
- Are there any leaks?
- Is the cannula dislodged or kinked?
- Has the infusion set been in longer than 2–3 days?
- Is there redness at the site?
- Is there discomfort at the site?
- Is there blood on/at the site?

Signs and Symptoms of Infection¹

- 2 unexplained elevated blood glucose levels in a row
- Redness/burning at site
- Swelling under the skin
- Pain, discomfort, or itching

For more information on the Ypsomed Infusion Set product line, visit www.ypsomed-diabetescare.com/en-CA/products/infusion-systems.html

¹ John Walsh, P.A. and Ruth Roberts, M.A., Pumping Insulin, 6th edition, Torrey Pines Press, 2017.