



PUMP SITES

& WHY ROTATION MATTERS!



Choosing good pump sites and rotating them every time helps your insulin work its best and keeps your skin healthy!

GREAT PLACES FOR YOUR PUMP/POD



Avoid areas with scars, moles, stretch marks, or irritation. Choose areas with a soft layer of fat.

ROTATION HELPS:

- ✓ Better insulin absorption
- ✓ Fewer site problems
- ✓ Prevent infection or irritation
- ✓ Happy, healthy skin!



TIPS FOR SAFE & SUCCESSFUL PUMP SITE USE



Rotate every time – Always rotate your pump/pod sites. This helps with proper insulin absorption and helps prevent infection or irritation.



Do. Keep 3 inches from your CGM – If your pump/pod site is in the same general area as your continuous glucose monitor (CGM) sensor, place them at least 3 inches apart.



Never change your pump site 2–3 hours before going to bed – you may not have enough time to notice and troubleshoot any issues before you fall asleep. If insulin is not delivered as expected through the night you may wake up very sick, in DKA (diabetes ketoacidosis).

