

STICKS Infusion Set Guidance

To ensure a successful and secure application of an infusion set, follow the **STICKS** steps every time for optimal adhesion and user confidence.

What is STICKS?

S

Skin Preparation

Clean and dry the infusion site, removing any oils or lotions from the skin. Allow to air dry.

T

Twist Off Cap

Remove the protective cap from the inserter to expose the cannula.

I

Insert Cannula

Select an infusion site where the skin is flat, avoiding skin folds. For torso sites, standing can help. Position the inserter flat against the skin. Press the top of the inserter down firmly until you hear a **click** confirming the cannula has been inserted.

C

Count to 20

Holding the inserter in place, maintain gentle pressure for **20 seconds** to promote strong adhesion between the adhesive pad and the skin.

K

Kindly and Confidently Remove Applicator

With one smooth and confident motion, pull the applicator straight off and away from the body to leave the infusion set in place.

S

Smooth Sides

Run your fingers around the edge of the adhesive to press down any lifted areas and ensure a complete seal.



Refer to the user guide that comes with the infusion set for specific manufacturer instructions.





Additional Infusion Set Adhesive Tips

Try the **Tapping Method** prior to pressing the inserter to your skin:

- Remove the applicator cap to expose the adhesive
- Using a clean, dry finger, gently tap on the edge of the applicator (perimeter) adhesive to gently loosen it from the base. Do not tap on the center of the adhesive

If pulling the applicator straight away after insertion and waiting 20 seconds is not working, consider the **Rock and Roll Method**:

- Gently and slowly "rock" the applicator in a circular motion
- Continue rocking until the adhesive fully releases

Consider a product to enhance the adhesion of your infusion set, allowing time for the product to fully air dry, as needed:

- SKIN TAC® (Torbot)
- NO-STING SKIN PREP® (Smith & Nephew)
- Cavilon® No Sting Barrier Film (3M)
- Tegaderm® Transparent Dressing (3M) - to be placed under the infusion site before insertion



Customer Care: 1 877-4TWIIST (1-877-489-4478)

The twist™ Automated Insulin Delivery (AID) System is for people with type 1 diabetes, 6 years of age and above, available with a prescription, only in the U.S.

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