



3

AFTER TRAINING

INSULIN PUMP TECHNOLOGY
MINIMED[™] 630G SYSTEM
WITH SMARTGUARD[™]
TECHNOLOGY

AFTER TRAINING**INSULIN PUMP TECHNOLOGY MINIMED™ 630G SYSTEM
WITH SMARTGUARD™ TECHNOLOGY**

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Section 1: The First Few Days

Congratulations on starting your insulin pump! Now that you have begun insulin pump technology, you may have some questions that arise in the first few days after training. This book will review common questions that come up in the first several days and weeks of wearing an insulin pump.

To help ensure you are successful starting on your insulin pump, please review the 4 topics on the next few pages.

1. Wear Your Pump

You will need to wear your pump, even when you sleep. Remember that the pump uses rapid-acting insulin that only lasts a few hours. If you disconnect your pump, you are not getting insulin.

How do I wear the pump?

- Many people ask where and how to wear the pump. Within a few days you will find ways that work best for you. Below are a few ideas to help you get started.
- Use the clip that comes with your pump and clip it to a waist band or belt
- Place the pump (with or without the clip) into the pocket of your pants
- Keep it in your shirt pocket
- Slip it into your bra with the screen facing away from your skin
- Use the longer tubing lengths and place the pump in your sock

Where do I put the pump when I sleep?

- Clip the pump to the waist of your pajamas
- Clip it into a small pouch or pocket
- Put it next to you in the bed or under your pillow

There are accessories that can add to the convenience of wearing, protecting and concealing your insulin pump. Visit the Medtronic Diabetes web site at www.medtronicdiabetes.ca for available accessories on the eShop.

Can I ever disconnect my pump?

Yes. You will disconnect your pump for showers and bathing. However, you shouldn't be disconnected for more than one hour or so. See page 5 for other times you can disconnect and other important information.

2. Check Your Blood Glucose (BG)

You will need to check your blood glucose (BG) more frequently when first starting the pump to assist your healthcare professional in adjusting pump settings.

Testing Schedule	You Should Also Test
<ul style="list-style-type: none"> ▪ When you wake up ▪ Before each meal ▪ 2 hours after each meal ▪ Bedtime ▪ Mid-sleep 	<ul style="list-style-type: none"> ▪ Before, during, and after exercise ▪ Before driving ▪ 2 hours after an infusion set change ▪ Test more frequently during travel, times of stress, and illness

Once your pump settings are adjusted to best meet your insulin needs, your healthcare professional will have you return to a routine testing schedule of 4-6 times each day.

If you need to keep a written log of your BG readings, you can use the **Daily Journal** sent in your pump box.

Managing high and low blood glucose is important. See page 6 of this guide for reminders about properly managing.

For the steps to take when blood glucose is below 4.0 mmol/L or above 13.9 mmol/L, see the Safety Rules Quick Reference Guide in the back of Book 2, During Training.

3. Give Boluses

Remember a bolus is needed each time you eat and sometimes between meals if your BG reading is high. Give boluses as directed by your healthcare professional and as you learned in your in-person training.

For the steps to giving a bolus, see the Bolus Quick Reference Guide in the back of Book 2, During Training.

Some Thoughts About Giving Boluses

- Now that you use an insulin pump, you may be encouraged to take insulin more often than you did when taking injections since a bolus can be more easily given.
- Checking your BG often is helpful – you can give small amounts of extra insulin if you are above your target.
- You can let your pump know your BG reading every time you test and the Bolus Wizard™ calculator can help you decide if you need any insulin.*
- The Bolus Wizard also keeps track of active insulin (from previous boluses) to make sure it suggests the right correction amount if needed.
- If you give a bolus for your meal and decide you would like another serving, you can take another bolus.

4. Change Your Infusion Set Every 2-3 Days

You learned how to fill the reservoir and insert the infusion set during your in-person training, but that was a few days ago. Therefore, it is important to use one of the following resources to guide you through the steps.

- The Quick Reference Guide: see page 31 of **Book 2, During Training**.
- myLearning videos: medtronicdiabetes.ca/mylearning

A Few Things to Remember About Changing Your Infusion Set

- Change infusion set every 2 to 3 days to help prevent infection at the site.
- Fill a new reservoir with the insulin you need for 3 days. You calculated this amount during your training (see page 13 of **Book 2, During Training**). If you have a lot of insulin left in the reservoir, you may want to put in a bit less this time.
- Don't use the same site for the new infusion set – remember to rotate.
- Clean the new site with alcohol or skin prep.
- Check your blood glucose (BG) 2 to 3 hours after changing your infusion set to make sure you are receiving insulin.

*Do not calculate a bolus using a blood glucose meter result taken from an Alternative Site (palm) or from a control solution test.

Section 2: Frequently Asked Questions

This section addresses other questions that are commonly asked when people begin using an insulin pump.

Disconnecting Your Pump

Remember the pump is giving you your basal insulin all the time. Although you should never stop this insulin delivery for more than an hour or so, there will be times when you will want to manually suspend (stop insulin delivery), and disconnect from your pump. Infusion sets let you easily disconnect from your pump and leave it in a safe place.

The most common reasons to disconnect from your pump include:

- bathing / showering
- swimming
- water activities

Talk with your healthcare professional about a plan including BG checks and possible correction boluses when disconnecting your pump for more than one hour.



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Disconnecting the pump...

Danielle disconnects her pump when she goes swimming. She always manually suspends her pump (Suspend Delivery) so that insulin isn't being delivered while the pump is not attached to her. While the pump is manually suspended, it will beep and/or vibrate every 15 minutes to remind her that insulin is suspended.

What do I do with my pump during intimacy?

Finding what is comfortable for you is important. Some people simply choose to leave the pump in place and use a longer tubing that allows them to place the pump out of reach. You could also temporarily disconnect from the pump. Just remember that disconnecting from the pump for long periods of time can result in high glucose levels and possible DKA (diabetic ketoacidosis). So always be sure you reconnect the pump afterwards.

Blood Glucose and Safety

Information about managing high and low glucose can be found in **Book 1, Before Training** and **Book 2, During Training**. Here are some questions that often arise:

When do I check for Ketones?

Check for ketones when you have a BG >13.9 mmol/L.

What should I do if I'm sick?

Illness and/or infection usually cause BGs to run higher than normal. Therefore, the risk of developing diabetic ketoacidosis (DKA) is increased when you are ill. Because DKA symptoms are similar to flu and stomach virus symptoms, check your BG and monitor for ketones often during illness.

For steps to take when you are sick, see the Safety Quick Reference Guide in the back of Book 2, During Training.

When should I call my healthcare professional?

Talk to your healthcare professional about when, how often, and under what circumstances you should contact them.

Examples of situations that you would notify your healthcare professional about are:

Hypoglycemia (BG <4.0 mmol/L)

- Any severe hypoglycemic event that requires another person's assistance to manage the low or any event that results in loss of consciousness.
- Frequent hypoglycemia or hypoglycemia that occurs around the same time each day or with exercise.

Hyperglycemia (BG > 13.9 mmol/L)

- Hyperglycemia that is accompanied by nausea or vomiting and/or moderate to large ketones.
- Hyperglycemia that is frequent or persistent.
- Hyperglycemia that occurs around the same time each day or routinely after a certain event such as eating.

CareLink™ Personal Software

Why should I use CareLink Personal Software?

CareLink Personal software can help you better understand your glucose control. By looking at your reports, you can see glucose patterns that are occurring, that is, highs and lows that you are having at the same times every day. You are then able to discuss this with your healthcare professional during your visit.

What reports are available when I download my pump?

Report	What does this report show me?
Adherence	Information about pump and sensor use such as BG measurements, sensor wear, boluses, and other pump activities.
Sensor & Meter Overview	A summary of sensor and meter glucose readings, carbohydrate intake and insulin information. Provides an overview of glycemic control during the day, overnight, and at meal time using sensor glucose readings and extensive statistical information. Helps to identify the relationship between glucose, insulin, food, and events for each day.
Logbook	Meter glucose readings, carbohydrate intake, and insulin information in a report that looks similar to a written log book.
Device Settings Snapshot	Provides the current insulin pump and CGM settings.
Daily Detail	Each page presents detailed information from your pump, meter, and sensor for one day. Provides insight into your glycemic control, including response to carbohydrate intake and insulin use.

How do I use these reports to understand my glucose trends?

It can be helpful to focus on just one or two reports at first. Using the 1-2-3 approach and looking at specific sections of the **Sensor & Meter Overview** reports can help you and your healthcare professional better manage your diabetes.

Step 1: Look at the overnight period

Do you see a pattern of lows?

- Consider talking to your healthcare professional (HCP) about reducing your overnight basal insulin/rates.
- Was too much insulin given for your bedtime snack?
- Did you exercise later in the day or in the evening hours?

Do you see a pattern of highs?

- Consider talking to your healthcare professional about increasing your overnight basal insulin rates.
- Was there a bedtime snack you did not bolus for?
- Was your BG level already high before bed?

Step 2: Look at the period before meals

Do you see a pattern of lows?

- Consider talking to your healthcare professional about decreasing your basal insulin.

Do you see a pattern of highs?

- Consider talking to your healthcare professional about increasing your basal insulin.

Step 3: Look at the period after meals

Do you see a pattern of lows?

- Were you accurately carb counting?
- Was insulin given at the right time?
- Does your carb ratio need adjusting?
- Consider using a Dual Wave™ bolus if the meal was high in carbs and fat.

Do you see a pattern of highs?

- Were you accurately carb counting?
- Was insulin given at the appropriate time?
- Does your carb ratio need adjusting?
- Consider using a Dual Wave bolus if the meal was high in carbs and fat.



Insulin sensitivity, carb ratios and active insulin may need adjusting. Exercise and activity, stress or illness could also be affecting your glucose levels. Discuss these topics with your healthcare professional.

Pump Use

What should I do if my pump stops working?

Talk to your healthcare professional about a back-up plan for taking insulin in the event that you must be disconnected from your pump for more than a few hours, or if your pump is broken or misplaced.

The plan should include the following:

- the amount of long-acting Insulin to take
- the amount of mealtime insulin to take
- the amount of insulin to take for high BGs
- how to safely resume the use of your pump after you have been taking injections
- always having a prescription for long-acting insulin, and pens or syringes



My Back-up Plan



Make sure you always have your current settings written down or a recent CareLink software upload so that you have them if you ever need to be sent a replacement pump.

What do I do with my insulin pump if I have an x-ray, MRI or CT-Scan?

If you are going to have an X-ray, MRI, CT scan or other type of diagnostic imaging involving radiation exposure, remove your insulin pump and place it outside the testing area.

Cannula infusion sets such as the Quick-set™ infusion set, Silhouette™ infusion set, Mio™ infusion set and Mio30™ infusion set can be left in place during the procedure. However, infusion sets that use a needle instead of a cannula such as the Sure-T™ infusion set must be removed prior to the procedure.



If your insulin pump is inadvertently exposed to a strong magnetic field like an MRI, discontinue use and contact the Medtronic Diabetes 24-Hour HelpLine.

Traveling by Air

What do I need to know about going through airport security?

You can wear your insulin pump while going through an airport metal detector. If you are asked to go through a full body scanner, you must remove your insulin pump and CGM (sensor and transmitter). To avoid removing your devices, you may request an alternative screening process.

Notify security screeners that you have diabetes, that you are wearing an insulin pump and are carrying supplies with you. If there is any question, ask that they visually inspect the pump rather than removing it from your body. Remember, you may ask for a private screening if removal or lifting of clothing is required to display your pump.



Warning: Do not send your devices through the x-ray machine as the radiation can make your pump nonfunctional or damage the part of the pump that regulates insulin delivery, possibly resulting in over delivery and hypoglycemia.

General Travel Tips

- Pack extra supplies including reservoirs, infusion sets, batteries and ketone strips.
- When traveling, make sure that you have backup syringes, vials of insulin or insulin pens (rapid-acting and long-acting insulin), and instructions from your healthcare professional should you need to return to insulin injections if your pump stops working.
- Keep your supplies, insulin and a prescription with you, just in case your luggage is lost or your insulin becomes denatured.
- Check whether lithium batteries need to be kept in their original packaging and with you in your carry-on baggage.
- Pack glucose tablets or carbohydrate for management of low glucose. In case flights are delayed or canceled, pack extra food that is easy to carry, such as nutrition bars.

When flying in an airplane, it is important that you stay connected to your pump and check your blood glucose more frequently. The routine hassle of travel, including stress, changes in time zones, schedules and activity levels, meal times and types of food can all affect your diabetes control. Be extra attentive to your BG readings and be prepared to respond if needed.

Because travel rules are subject to change, it is advisable to check with the Transportation Safety Administration (TSA) before traveling. They can also provide current information about traveling with your other diabetes supplies (lancets, syringes etc.) You can find TSA information at <http://www.tsa.gov>. For Canada, you can visit the Canadian Air Transport Security Authority website at www.catsa.gc.ca.

International passengers should consult their individual air carriers for international regulations.



If you travel outside Canada, you may want to take advantage of Medtronic's travel loaner program. This program allows you to take a "back-up" insulin pump with you when you travel.

Section 3: Additional Features

At your insulin pump training, you learned the basic features that are necessary to use your pump. This section discusses additional features that are available to use. These features are related to basal, bolus delivery and general pump information. Discuss these options with your healthcare professional to determine what is best for you.



Be sure to not deliver any boluses or change insulin delivery unless needed. Disconnect your pump before practicing any of these new features.

Basal Features

Here you will find the additional options related to the amount of basal insulin you receive.

Temp Basal

The Temp Basal feature lets you temporarily increase or decrease your basal insulin amount for the period of time (Duration) that you set. A temp basal is often used for exercise/activity or sick days when insulin needs temporarily change.

A Temp Basal can be set in **Percent**, which delivers a percentage of the current basal rate, or by **Rate** which delivers an amount that you set.

Basal (T) will appear on the Home to remind you that a Temp Basal is active. You can select **Basal (T)** to cancel or review the temporary basal that you have set. When the temp basal delivery time is completed, the basal will automatically return to the regularly programmed basal rate.



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Temp Basal...

Patricia loves to work in her garden but finds that her glucose levels often run low when she does. Now she uses a Temp Basal to decrease the amount of insulin she gets while she is working. This helps keep her glucose levels from dropping too low.

For help setting a Temp Basal or canceling a Temp Basal, see the Basal Quick Reference Guide in the back of Book 2, During Training.

Preset Temp

If you use the same Temp Basal often, you may want to use a Preset Temp. This feature lets you enter the amount and duration of your frequently used Temp Basal ahead of time. Then you would simply start it when the basal rate adjustment is needed.

To set up a Preset Temp, go to **Insulin Settings** and then **Preset Temp Setup**.

Once the Preset Temp is set up, select **Basal** from the Home screen and then select **Preset Temp**. Select the preset temp you wish to start and select **Begin. Basal (T)** will appear on the Home screen and can be selected to review or cancel the Preset Temp.



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Preset Temp...

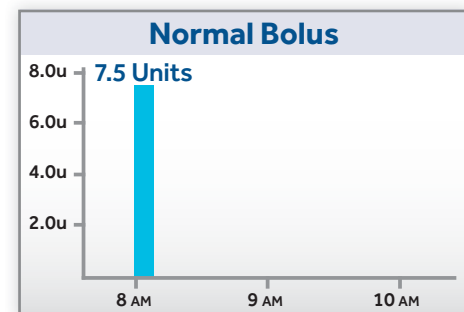
Jason uses the same Temp Basal every time he plays golf. Now instead of programming the Temp Basal before every game, he can simply start the Preset Temp that he has previously set up.

Bolus Features

Dual/Square Wave Bolus

A **Normal** bolus delivers a single dose of insulin right away. This is the type of bolus you would typically use to cover normal food intake and to correct a high BG.

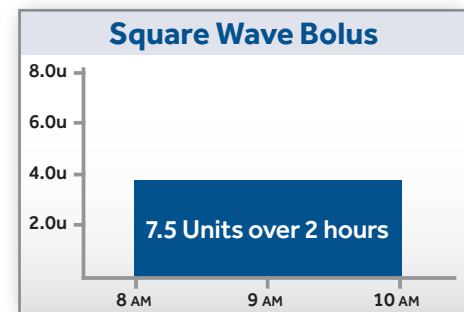
The pump also lets you deliver bolus insulin as a Dual Wave or Square Wave bolus. These can help better match the effects food has on your glucose levels.



Square Wave

A Square Wave bolus delivers a bolus over an extended period of time. This can be helpful:

- to match delayed food digestion due to gastroparesis.
- for meals very low in carbohydrate but high in fat.
- when snacking on small amounts of carbs over a period of time, for example, at a reception.



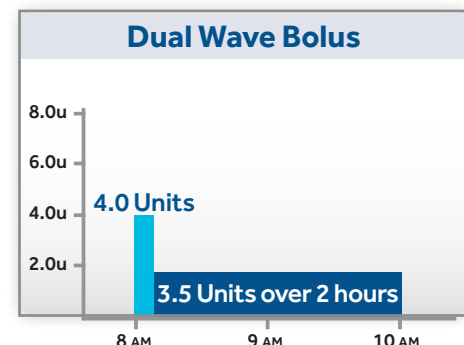
Dual Wave

A Dual Wave bolus combines the Normal and the Square Wave bolus. It delivers part of the bolus as a Normal Bolus (now) and part as a Square (over time).

A Dual Wave bolus can be helpful for meals high in both carbs and fat. Fat delays the digestion of carbs, meaning glucose does not enter the bloodstream right away. Giving some insulin as a normal bolus covers any immediate glucose rise. Giving the rest over time as a square helps to match the delayed glucose rise.

When setting a Dual Wave bolus, you will set:

- the percentage/amount of insulin you want delivered immediately and how much over time.
- the duration of time over which you want the square portion delivered.



For help on giving a Dual or Square Wave bolus, see the Dual/Square Wave Bolus Quick-Reference Guide in the back of Book 2, During Training.

Preset Bolus

A Preset Bolus can be set and used for bolus amounts that are given regularly.

To set up a Preset Bolus, go to **Insulin Settings** and then **Preset Bolus Setup**.

Once the preset bolus is set up, select **Bolus** from the Home screen and then select **Preset Bolus**. Select the preset bolus you want and select **Deliver Bolus**. If the bolus was a Dual or Square Wave bolus, either **Bolus (D)** or **Bolus (S)** will appear on the Home screen and can be selected to review or cancel the bolus.



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Preset Bolus...

Ana uses the Bolus Wizard calculator to give her boluses. But she does know that it calculates 1.7 units for the latte that she has every morning on her way to work. She set up a Preset Bolus for 1.7 units in order to make giving the bolus a bit easier.

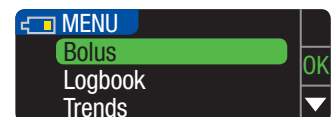
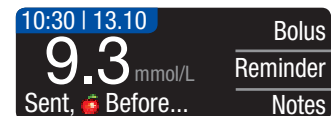
Remote Bolus

The CONTOUR®NEXT LINK 2.4 Meter lets you send a Manual or Preset bolus directly from your meter without having to press buttons on your pump. This allows flexibility and the option to give a bolus more discreetly when desired.

1. If you have just tested your BG, press **Bolus** on the meter while the test result is displayed,*

OR

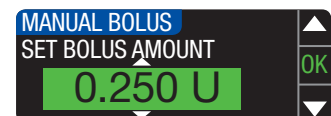
From the menu, press **Bolus**.



2. Press **Manual Bolus**.
*If you have a Preset Bolus set in your pump, it can also be delivered from the meter.***



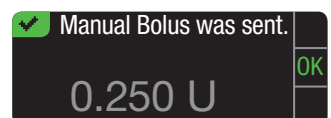
3. Use the ▲ button to set the bolus amount.
In this example, a 0.250 U bolus has been set.



4. Press **Yes** to send the bolus to your pump.



5. A confirmation screen appears on the meter.



6. The bolus delivery appears on the pump as it is delivering.



*Do not calculate a bolus using a blood glucose meter result taken from an Alternative Site (palm) or from a control solution test.

**For more detail on this feature, read the meter user guide.

Other Pump Features

History

The History option allows you to review information from previous days. You can select **History** from the Menu to access. This summarizes the information you find under each menu option. Information for the last 30 days will be displayed.

Summary

Provides a summary of BG readings and insulin delivered on a specific day or averaged over several days.

Daily History

Lists all actions performed on a specific day.



Alarm History

Lists all alerts, alarms and notifications received each day.

Reminders

Reminders can be set to alert you of important information or to do routine activities. You can select **Reminder** from the Menu to access. Remember to select **Save** after any reminder is entered.

Personal

Like an alarm clock, a personal reminder can be set to alert you at any time you choose.

Bolus BG Check

When On, you have the option with each bolus given to set a reminder to check your BG.

Missed Meal Bolus

When set, the pump will alert you if you do not give a bolus during the normal meal/snack time that you have entered here.



Low Reservoir

Notifies you when the number of units left in your reservoir reaches the amount you set here.

Set Change

Lets you schedule a reminder to change your infusion set.

Event Markers

Event Markers let you record when certain events related to your diabetes control occur. You can use Event Markers to record the events described here.

- **BG:** a BG value not linked from the CONTOUR®NEXT LINK 2.4 meter or entered in the Bolus Wizard.
- **Injection:** the amount of insulin taken by injection
- **Carbs:** the amount of carbs eaten when not using the Bolus Wizard feature
- **Exercise:** the length of time you exercised so you can better see the effect it had on your glucose readings
- **Other:** any other event, for example, a hypoglycemic event or taking other diabetes medications

To enter an event, select **Event Markers** from the Menu. Then select the event you wish to mark and enter the information requested. Then select **Save**.

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Using Event Markers...

Kylie exercises regularly. She likes to be able to see how it affects her glucose levels. She enters an Exercise marker each time she begins exercise. These markers then appear on her CareLink reports helping her and her healthcare professional better understand if adjustments to her insulin settings need to be made to account for her activity.

Section 4: Help and Supply Ordering

When should I call the Medtronic 24-Hour HelpLine?

Medtronic Diabetes provides a 24-Hour HelpLine that is staffed with highly trained and skilled service technicians. These technicians are available to assist you with any technical issues or questions that you may have regarding the operation of your pump.

Here are some examples of times you may need to call the 24-Hour HelpLine.

- You are concerned that the pump, insertion device, reservoirs or infusion sets are not functioning properly.
- You are reading about a pump feature in the User Guide that you do not understand.
- Your pump has alarmed and you have followed the instructions to clear the alarm and it alarms again.

The 24-Hour HelpLine number is: : **+1.800.284.4416 within North America or if calling from outside North America, you can call us directly at +1.905.460.3809.**

Who can I contact for assistance?

Starting insulin pump technology is exciting, but it can also sometimes feel like a lot to learn. If you need answers, there are a few places you can go:

- Quick Reference Guides on a variety of topics can be found in **Book 2, During Training**.
- For classes to review information and help you learn more, go to medtronicdiabetes.ca/mylearning.
- Contact your trainer.

When and how do I order pump supplies?

It is important that you do not run out of insulin pump supplies. There are many ways to order from Medtronic. Choose the way that works best for you.

- **Online Store:**

Create an account at medtronicdiabetes.ca on the eShop and order online. You can also sign up for our Automated Reorder Program on the eShop and save.

- **Live Representative:**

Call the Consumer Care Team to order supplies at **1.800.284.4416**, Monday through Friday from 8:00am to 8:00pm EST.

How do I order meter supplies?

It is important that you always have meter strips and supplies. You can order your meter strips as you normally do through your pharmacy but will need to use the CONTOUR®NEXT Test Strips.

Medtronic

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medtronicdiabetes.ca

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