

Skin reactions with insulin pumps & CGM

Tips for avoiding and managing skin reactions with insulin pumps and CGM



Skin reactions to continuous glucose monitors (CGM) and insulin pump infusion sites are common. Follow these tips to help avoid and manage skin reactions.

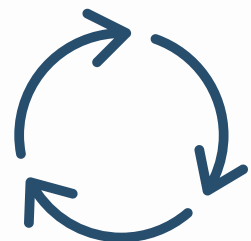
Use healthy skin

Choose an area of healthy skin to insert your CGM or insulin infusion site that is not irritated and has no areas of broken skin.



Rotate insertion sites

Rotate the site where you place continuous glucose monitor sensors or insulin pump infusion. Give them a rest for at least a week between using the site again (or longer if the skin is irritated or broken).



Clean and dry skin

Make sure the skin is clean and dry. Simple soap and water is best and helps to remove oils and lotions from the skin. It is a good idea to change the CGM or insulin pump infusion site after a bath or shower.



Avoid alcohol wipes (if you are prone to skin reactions)

If you are prone to skin reactions, it can be helpful to avoid alcohol wipes. You generally don't need an alcohol wipe or gel if the skin is cleaned with antibacterial soap and water. Alcohol wipes can further irritate sensitive skin.



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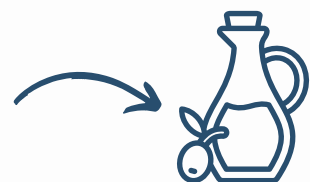
Use skin preparation products

There are different wipes and products available that provide a protective barrier and help to make your skin more 'tacky' for the CGM sensor or infusion site adhesive to stick to. Make sure your skin is completely dry after using the skin preparation before inserting the CGM sensor or infusion site.



Remove 'low and slow'

When removing a CGM sensor or insulin pump infusion site, gently peel back the adhesive tape 'low and slow'. Adhesive removal products or household cooking oils can help loosen stubborn adhesive and make removal easier. Specialist adhesive removal products, such as those available from [Elshaw](#), may also be helpful.



If you have persistent skin reactions

If you have a persistent skin reaction to the adhesive from your CGM sensor or insulin pump infusion site, talk to your GP, nurse or diabetes team. Sometimes an extra dressing or a steroid spray can be used on the skin under the adhesive. Occasionally people need to change the device they are using. **Further information:** See the [PANTHER Skin Solutions guide](#) for more tips on preventing and managing skin reactions.



Remember that while skin reactions to CGM and insulin pump infusion site adhesives are common, you and your healthcare team can usually find a solution. **Good skin preparation is key!**