

# Tape Tips

Adhesive tape needs to be on the body for the device's prescribed amount of time. The challenges to keeping the tape for the device adhered are sweat, water and humidity as well as the dryness or oiliness of the skin. In the case of a Continuous Glucose Monitor (CGM), if the device comes off the body before the allotted time, please call the manufacture. Many manufacturers will replace the device at no cost.

Keys for tape adherence:

1. Clean the site with alcohol. This prevents infection and allows the adhesive to stick the best;
2. Use skin prep that prepares the skin for device attachments. Before using any skin prep, follow the rules of the continuous Glucose Monitor (CGM) regarding skin preps and tape application;
3. Apply an over tape (Like K-T tape) that can be placed on top of the device's tape. Do not place the over tape across the entire device, but rather just over the original tape the holds down the device; and,
4. Allow the Continuous Glucose Monitor (CGM) to set in place for a period of time or overnight before exercising or swimming.

When removing the device, it may become painful as you take off the tape along with the device. There are tape dissolvent that can be sprayed onto the device's tape to dissolve the adhesive and make it less painful for removal.

Some people have tape allergies, depending upon the type of tape used for a device.

Keys for tape allergies:

1. Don't extend the wear of the device beyond the manufacture's recommendation;
2. Make sure to rotate the location of the device for each change of the device;
3. Take oral histamine or apply a spray (like Flonase) to the skin prior to application of the device and tape;
4. Talk to your diabetes care team about tape allergy strategies; and,

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Look up Facebook sites on diabetic technology that include tape allergies. Check with your doctor prior to using any of the suggestions or techniques found on Facebook.

*Updated 2/17/19*

*This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.*

## **Recommended**

[Using an Insulin Pen](#)

[Rotating Injection Sites](#)

[Tracking and Reviewing Blood Glucose Data](#)

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## **External Resources**

[Companion Medical - InPen](#)

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## **Recommended**

[Infusion Sets](#)

What is a Pump?