

# Selecting and rotating your insertion site

When medicine is infused subcutaneously, it is gradually infused beneath the skin over a period of time. Along with advice from your healthcare professional, this guide can help you find places to insert your infusion set and explain how to rotate your insertion site to minimize any potential skin irritation.<sup>1,2</sup>

## What is Neria™ Guard?

Your healthcare provider has prescribed Neria™ Guard for the subcutaneous (under the skin) infusion of a specific medicine. Neria™ Guard is an all-in-one, infusion set with an automatic integrated inserter and a soft cannula.<sup>3</sup> With just a few user steps, it has been designed to support simplicity and home treatment.

### Attention!

Always consult your healthcare professional for advice on appropriate insertion sites, rotation patterns and general site management.



## Insertion tips!

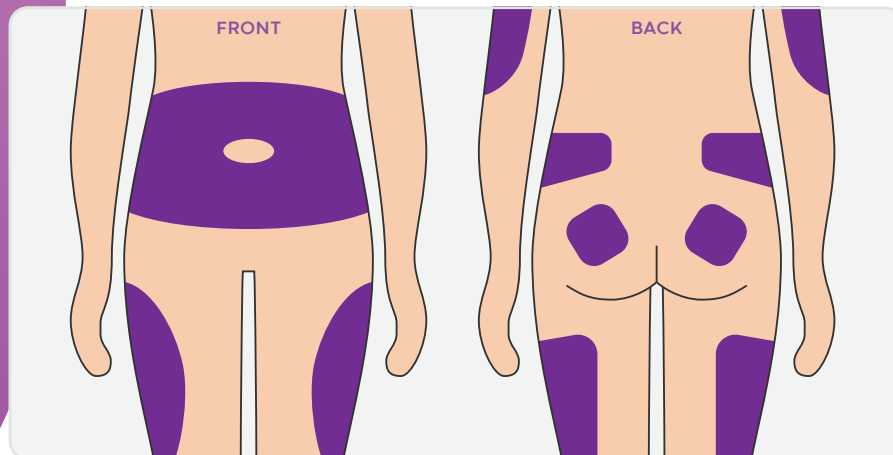
- 1 Choose an insertion site that does not have constrictive clothing, such as a waistband from pants, or other objects that can pull on the infusion set.
- 2 Make sure you use a site that is clean and dry.
- 3 Do not use an insertion site that is infected, swollen, red, irritated, bruised or bleeding.
- 4 Do not insert in an area with lumps, hard tissue or bumps.
- 5 Do not insert into bone or muscle as this may cause pain, damage the product and affect medication absorption.
- 6 Visually inspect the infusion set and site several times each day.

Please note that this guide only illustrates and describes some of the steps to follow when using the **Neria™ Guard** infusion set. It is not a substitute for reading the full instructions for use that comes with the product.



## Selecting your insertion site

Typical insertion sites are on your lower back, abdomen, hips, buttocks, thigh or upper arm, however please consult your healthcare professional for advice on the best insertion site for you. Your healthcare professional can also advise you on the correct insertion site in relation to the cannula length.<sup>4</sup>



### Rotating your insertion site

To keep your skin healthy, it is important to rotate your insertion site with each use.<sup>5</sup>

**Remember!** Always consult your healthcare professional for advice on appropriate insertion sites, rotation patterns and general site management.

### Tips

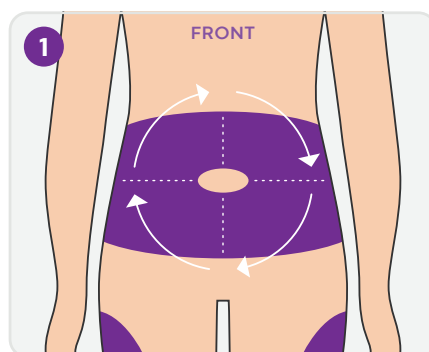
- 1 Choose a site that is at least 2.5 cm away from your previous site.<sup>5</sup>
- 2 Avoid the area close to the navel.
- 3 Leave your site to rest and do not reuse until the skin has healed. Discuss with your healthcare professional if in doubt about your skin's condition.

## Rotation pattern example

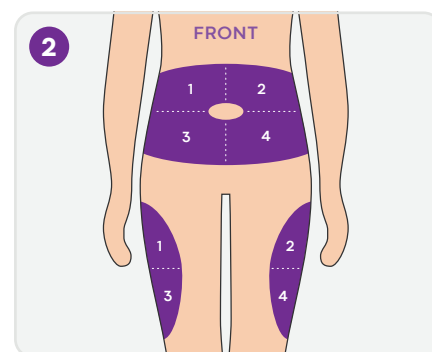
### Concerned about skin nodules?

In addition to rotating your infusion site and using a soft cannula, it may also be helpful to massage the infusion site regularly after use.<sup>6</sup> This can be done by hand or with an electric massager.

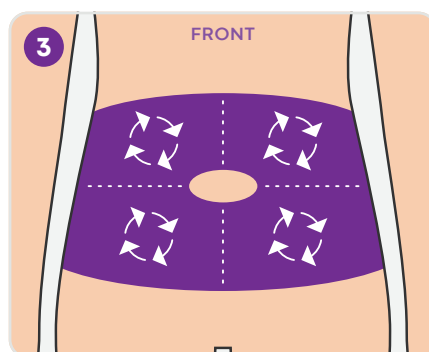
You can also discuss ultrasound therapy, which has shown potential in treating nodules, with your healthcare professional.<sup>7</sup>



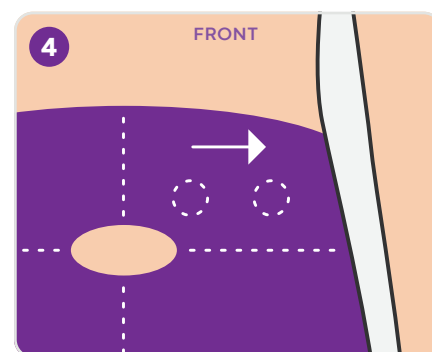
Example rotation pattern



Divide each section into 4 zones



Select a site within a section to insert Neria™ Guard. Stay within this section for the next few insertions



Next time, insert Neria™ Guard at least 2.5 cm away from the last insertion site

Attention: The above rotation pattern is an example only. Discuss with your healthcare professional which rotation pattern would work best for you.

### References

1. Hagell, Peter et al. "Apomorphine formulation may influence subcutaneous complications from continuous subcutaneous apomorphine infusion in Parkinson's disease." *Journal of neurology* vol. 267:11 (2020): 3411-3417.
2. Fürst, Per et al. "Continuous subcutaneous infusion for pain control in dying patients: experiences from a tertiary palliative care center." *BMC palliative care* vol. 19:1 172. 10 Nov. 2020.
3. Data on file (D012-002912).
4. IFU. Accessed December 2023.
5. EADSG Guidelines: Insulin Storage and Optimisation of Injection Technique in Diabetes Management, *Diabetes Ther* (2019) 10:341-366.
6. Hillman, Elizabeth. Examining the use of sharp-free subcutaneous infusion devices with apomorphine. *British Journal of Neuroscience Nursing* August/September 2020 Vol 16 No 4.
7. Henriksen, Tove, and Harry Staines. "Continuous Subcutaneous Apomorphine Infusion in Parkinson's Disease: A Single-Center, Long-Term Follow-Up Study of the Causes for Discontinuation." *Journal of personalized medicine* vol. 11:6 525. 8 Jun. 2021.