

# Where to wear your pump

*Where do you wear your pump in normal or unusual situations? We asked around and got some strange answers!*

The following are tips and tricks we have learned ourselves, tried upon the advice of others, or have read about and thought they were a good idea. Many thanks to the Insulin Pumpers for all their help! Individuals are, well, INDIVIDUAL! What works for Erica might not work for you or your child. The key is to keep learning and determine what is the best for you or your pumper. *Any changes you might be thinking of making should be discussed with your medical team first. They are key to your pumping success.*

- Upside down to keep bubbles out of the tubing.
- Putting the clip on the outside of your clothing with the pump hidden under your clothes and held snug against you.
- Clipped on bathrobe lapels.
- In bicycle shorts (attached by a pin or in a sewn pocket), worn under pants, skirts and dresses.
- In bras regular or sports models (not just for women anymore LOL!!), either in the front between the lumps <g> or clipped onto the back of the bra or under the arm. Pump can be hanging on the inside or outside depending on how you use the clip. You can put it in a little baby sock to prevent sweating against the pump.
- Some people use the bra band.
- In baby socks, or little bags, attached to the inside of clothing and underwear anywhere!
- Clipped onto garter belts.
- Slipped into a pocket sewn onto the inside of a bathing suit (with matching material) or inside the bra part.
- Slipped into the top of pantyhose to keep it snug.
- In leather gun holsters.
- Hanging off your belt or waistband. Some hang it off the front, some hang it off the back. Some hang it with the pump on the inside, some hang it with the pump on the outside.
- Many slip them into their pockets (shirt or pant or skirt or dress) by putting a little hole in the backside of the pocket and slipping the tubing through. Keeps the tubing out of sight and for kids it prevents that urgent site change when the tubing has caught on a doorknob :)
- Many slip it into any pockets and just let that old tubing hang where it may!
- Some use Waist-its, thigh-things, and leg-things.
- Many people use their own home made waist it thingys, sewing little soft cases for their pump and having it on a belt that they make out of

various materials.

- Some people make sturdy cases out of neoprene and use them for swimming, running, and under wetsuits.
- Clip-n-gos go everywhere it seems!!!
- Many people sew little pockets on the inside of their favourite jammies, or clothing that doesn't otherwise have a pocket in a sensible place.
- Some people sew matching pockets on the outside of clothing so that the pump is easily accessible and the tubing is threaded through the back of the pocket.
- Those who don't wear jammies wear it on a waist it, slip it under a pillow, or let it roam at will.
- Pinned or clipped to the sheets of the bed.
- Some sleepers like to attach their pump to the headboard of their bed with strapping.
- Many kids and adults love using a fanny pack.
- Some children use the backpack strap for their pumps.
- Some people wear it on their arm, strapped on with the tubing neatly wrapped up and out of the way.
- Velcro & baby pins are worth their weight in gold according to most people who make their own accessories.
- In Calvin Klein body slimmers worn under other clothing.
- In the pocket of tennis shorts worn under other clothing.
- hanging from a collar.
- hanging in a pouch which is hanging from a strap around the neck.
- In a boot – yep, just slipped into the top of a sock if the boot is loose enough.
- In a sock when wearing pants. Tubing down the leg, and held close to the lower leg by the top of the sock using a carbine in combination with a key ring and case to hang the pump 'wherever'.
- In your hair. This one from a bride who had it inserted into her hairdo for her wedding. How inventive is that!!
- In a waist it bag designed to match or accessorize your clothing.
- Strapped to the thigh or calf with elasto-bandage (or something similar).
- In a Sports Pak.
- In a Frio pump wallet for extreme cold or heat.
- In a mobile phone case.
- In a Change purse.
- Hanging around your neck when trying clothes on in a dressing room.
- In a shelf bra which is sewn into the top of a camisole.
- In a sports bra from Mountain Gear Co-op, which has two pockets sewn onto the back of the bra.
- Hanging from your ear. Don't know why, but someone has done it :)
- In Tubi-Grip (available at home health stores). It is like a stretchy sleeve and the pump can be inserted into it, then the tubi-grip can be wrapped around the arm or leg without having to worry about it

dropping out.

It is important to note that this document is for your information only. These ideas were compiled with input from many pumpers from many walks of life. These pumpers use different pumps, infusion sets, infusion sites, lengths of tubing. Some use remotes, some use audio bolusing. What is clear from this list, is that they are very innovative and happy to be pumping! PUMP ON!!!

*Based on an article on the [Insulin Pumpers Canada website](#), written by Barb Chafe. UK version edited by John Neale. Neither Barb Chafe nor John Neale are medical professionals. Barb Chafe's daughter uses an insulin pump, as does John Neale himself. The information given here is based on their own personal experiences. [More about John Neale...](#)*

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