Because there is NO TUBING, you can wear the Pod comfortably almost anywhere you would give yourself an injection. Please note the recommended positioning for each body area.

**SITE SELECTION**

Change the site location each time you apply a new Pod; improper site rotation can reduce insulin absorption. The new site should be at least 2.5 cm away from the previous site, 5 cm away from the navel and not over a mole or a scar. And be careful not to put it where it will be uncomfortable or dislodge when you sit or move around; for instance, don’t place it near folds of skin or directly under your waist band.

**POD POSITIONING**

Arm and Leg: Position the Pod **vertically** or at a slight angle.

Back, Abdomen and Buttocks: Position the Pod **horizontally** or at a slight angle.

**PINCHING UP**

Place your hand over the Pod and make a wide pinch around the skin surrounding the viewing window. Then press the Start button on the PDM. Release pinch when the cannula inserts. This step is critical if the insertion site is very lean or does not have much fatty tissue.
The OmniPod® System is all about FREEDOM—including the freedom to swim and play active sports. The Pod’s adhesive keeps it securely in place for up to 3 days. However, if necessary, several products are available to enhance adhesion. These tips from other Podders, Healthcare Professionals (HCPs), and Pod Trainers may help keep your Pod secure.

SITE PREPARATION

Be cool and dry (not perspiring) for Pod change.
Clean your skin well. Body oils and lotions can loosen the Pod’s adhesive. While the primary purpose is to prevent infection, alcohol swabs can also be used to improve adhesion. Use an alcohol swab to clean the area around your site—about the size of a tennis ball. Then let it air dry completely before applying the Pod. Do not blow on the site to dry it.

ISSUES

Oily Skin
Residue from soap, lotion, shampoo or conditioner can prevent your Pod from sticking securely.

Damp skin
Dampness gets in the way of adhesion.

Body hair
Body hair literally gets in-between the Pod and your skin, which can keep the Pod from sticking securely.

ANSWERS

Clean your site thoroughly with alcohol before applying your Pod—and be sure to let your skin air dry.

Towel off and allow your site to air dry thoroughly, do not blow on it.

Clip or shave the site to create a smooth surface for Pod adhesion. To prevent irritation, we recommend doing this 24 hours before putting on the Pod.

PREPARING THE SKIN

Isopropyl Alcohol: General all-purpose cleaner

Razor: Used for shaving off unwanted body hair

HELPING THE POD STICK

3M™ Tagaderm™ Absorbent Clear Acrylic Dressing: A clear, waterproof, sterile barrier

Convatec AllKare™ Wipe: Provides a barrier film layer on skin to help protect against irritation and adhesive build-up

Hollister Skin Gel Protective Dressing Wipes: Helps prevent skin stripping from adhesive removal

PROTECTING THE SKIN

3M™ Coban™ Self-Adherent Wrap: A conformable, lightweight, cohesive self-adherent wrap

3M™ Tagaderm™ Absorbent Clear Acrylic Dressing: A clear, waterproof, sterile barrier

Convatec AllKare™ Wipe: Provides a barrier film layer on skin to help protect against irritation and adhesive build-up

Hollister Skin Gel Protective Dressing Wipes: Helps prevent skin stripping from adhesive removal

Smith & Nephew IV3000™: A clear, waterproof, sterile barrier

Liquid Bandage: Forms an invisible barrier

Skin Prep or IV Prep™: A wipe which forms an invisible protective barrier film

TORBOT Skin Tac™: A hypo-allergenic and latex-free “tacky” skin barrier

AVAILABLE PRODUCTS

Contraindications
Insulin pump therapy is NOT recommended for people who are either:
• Unable to perform at least four (4) blood glucose tests a day
• Unable to maintain contact with their healthcare provider
• Unable to use the OmniPod® Insulin Management System according to instructions

Do not use the integrated FreeStyle® Blood Glucose Monitoring System for:
• Testing on newborns
• Testing arterial blood
• Diagnosing of or screening for diabetes mellitus

Warnings
The OmniPod® System is designed to use rapid-acting U-100 insulin. Refer to the insulin labelling and follow your healthcare provider’s directions for how often to replace the Pod. Not recommended for individuals with hearing loss; always verify ability to hear Pod/PDM alerts and alarms. The Pod and PDM may be affected by strong radiation or magnetic fields. Before having an X-ray, MRI, or CT scan (or any similar test or procedure), remove your Pod and put it in the PDM outside the treatment area. Monitor your blood glucose with the guidance of your healthcare provider. Undetected hypoglycemia or hyperglycemia can result without proper monitoring. If you are unable to use the System according to instructions, you may be putting your health and safety at risk. Talk with your healthcare provider if you have questions or concerns about using the System properly.

These recommendations have been shared with Insulet by customers, whose needs, preferences and situations may differ from yours. Discuss these products with your healthcare provider prior to trial. Many items are available at pharmacies, others are medical supplies that may be covered by insurance companies. Everyone’s skin is different—we recommend that you try various products to find out what works for you. You should consult your HCP or Pod trainer before you try any of these products or if you have any questions.

HOLDING THE POD IN PLACE

TORBOT TacAway® Adhesive Remover: An adhesive remover wipe

GENTLE REMOVAL OF THE POD

Baby Oil/Baby Oil Gel: Soft moisturizer

Delasco® Detachol®: An adhesive remover

Smith & Nephew Remove: Aids in removal of adhesives from skin

TORBOT TacAway® Adhesive Remover: An adhesive remover wipe

Note: Best practices shared from the Canadian and U.S. markets.


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