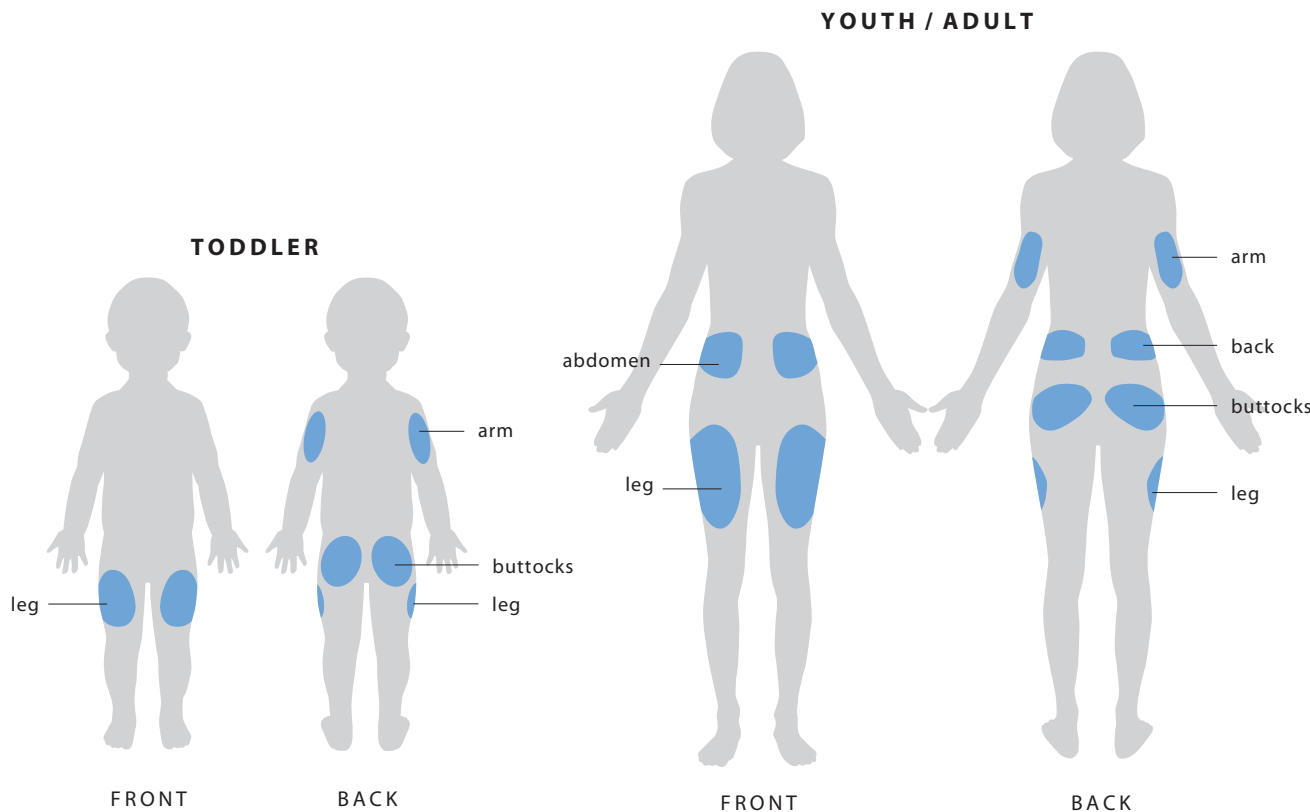




Insulin Management System

Wear it with **comfort.** Pod placement options.

‡ Because there is **NO TUBING**, you can wear the Pod comfortably anywhere you would give yourself a shot. Please note the recommended positioning for each body area.



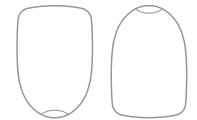
PLACEMENT TECHNIQUES FOR BEST RESULTS

‡ Site Selection

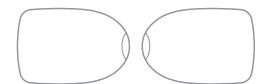
Change the site location each time you apply a new Pod; improper site rotation can reduce insulin absorption. The new site should be at least 1 inch away from the previous site, 2 inches away from the navel and not over a mole or a scar. And be careful not to put it where it will be uncomfortable or 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.



Notes:



Wear it with confidence.

Pod adhesion tips and resources.

⇨ OmniPod 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, products are available that may enhance adhesion¹. These tips from Podders and prescribing healthcare professionals (HCPs) may provide added adhesion of your Pod.

Site Preparation

Be cool and dry (not perspiring) for Pod change.

Clean your skin well. Body oils, lotions and sunscreen can loosen the Pod’s adhesive. 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. We do not recommend blowing on it.

ISSUES

ANSWERS

⇨ Oily Skin

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

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

⇨ Damp Skin

Dampness gets in the way of adhesion.

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

⇨ Body Hair

Body hair literally gets in-between your skin and your Pod—and if there is a lot of it, can keep the Pod from sticking securely.

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

Available Products

Experienced Podders have reported using the following products to assist with their Pod’s adhesion during rigorous activities¹. Many of these products are available at your local pharmacy; others are medical supplies covered by most insurance carriers.

Everyone’s skin is different – Consult your HCP to determine where to begin and what options are best for you.

PREPARING THE SKIN

BD™ Alcohol Swabs www.bd.com

Hibiclens®: An antimicrobial antiseptic skin cleanser www.amazon.com

HELPING THE POD STICK

Bard® Protective Barrier Film: Provides clear, dry barriers that are impervious to most liquids and irritation associated with adhesives www.bardmedical.com

Torbot Skin Tac™: A hypo-allergenic and latex-free “tacky” skin barrier www.torbot.com

AllKare® Wipe: Provides a barrier film layer on skin to help protect against irritation and adhesive build-up www.convatec.com

Mastisol®: A liquid adhesive www.amazon.com

Hollister Medical Adhesive: A liquid adhesive spray www.amazon.com

PROTECTING THE SKIN

Bard® Protective Barrier Film: Provides clear, dry barriers that are impervious to most liquids and irritation associated with adhesives www.bardmedical.com

Torbot Skin Tac™: A hypo-allergenic and latex-free “tacky” skin barrier www.torbot.com

AllKare® Wipe: Provides a barrier film layer on skin to help protect against irritation and adhesive build-up www.convatec.com

Hollister Skin Gel Protective Dressing Wipes: Helps prevent skin stripping from adhesive removal www.amazon.com

3M™ Cavilon™ No Sting Barrier Film: Clinically proven, long lasting skin protectant www.3m.com

HOLDING THE POD IN PLACE

Mefix® 2" Tape: Soft, elastic retention tape www.amazon.com

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

Bands 4 Life Arm and Thigh Bands: Light, comfortable, durable band that provides extra security and style for your OmniPod www.bands4life.net

GENTLE REMOVAL OF THE POD

Baby Oil/Baby Oil Gel: Soft moisturizer www.johnsonsbaby.com

UNI-SOLVE® Adhesive Remover: Formulated to reduce adhesive trauma to the skin by thoroughly dissolving dressing tape and appliance adhesives www.amazon.com

Detachol®: An adhesive remover www.amazon.com

Torbot TacAway Adhesive Remover: An adhesive remover wipe www.amazon.com

After removing the Pod, clean area with warm, soapy water and rinse well to remove the residue remaining on the skin.

¹ Insulet has not tested any of these products to work with the Pod and does not endorse the use of these products with the Pod. These recommendations have been shared with Insulet by other Insulet customers, whose needs, preferences and situations may differ from yours. Consult with your healthcare provider prior to the use of any of these products with the Pod.