

Pod Site Preparation & Placement Options

WEAR IT WITH **COMFORT**

SITE SELECTION



Pod shown without the necessary adhesive

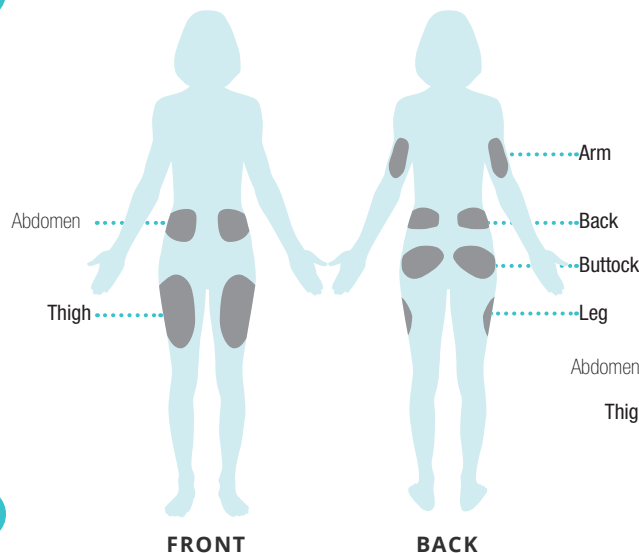
- Because there is **NO TUBING**, you can wear the Pod comfortably most places you would give yourself a shot. Please note the recommended positioning for each body area.
- Be careful not to put it where it will be uncomfortable or dislodge when you sit or move around. For instance, don't place it near folds of skin or directly under your waist band.
- Change the site location each time you apply a new Pod. Improper site rotation may reduce insulin absorption.
- The new Pod site should be at least: 1" away from the previous site; 2" away from the navel; and 3" away from a CGM site. Also, never insert Pod over a mole or a scar.

SITE PREPARATION

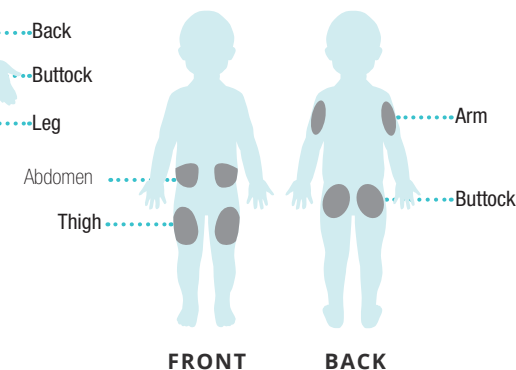
- **Be cool and dry** (*not perspiring*) for Pod change.
- **Clean your skin well.** Body oils, lotions and sunscreen can loosen the Pod's adhesive. To improve adhesion, use an alcohol swab to clean the area around your site—about the size of a tennis ball. Then let it air dry completely before applying the Pod. We do not recommend blowing it dry.

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

YOUTH/ADULT



CHILD

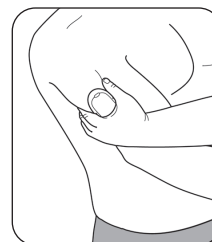


POD POSITIONING

ARM & LEG:
Position the Pod *vertically* or at a slight angle.



BACK, ABDOMEN & 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.

Warning: Occlusions may result in lean areas if you do not use this technique.



Pod Adhesion & Removal Resources

WEAR IT WITH **CONFIDENCE**

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 can keep your Pod secure.

AVAILABLE PRODUCTS

PREPARING THE SKIN

- **BD™ Alcohol Swabs**
bd.com
Thicker and softer than many other swabs, helping to ensure safe, reliable and hygienic site preparation.
- **Hibiclens®**
An antimicrobial antiseptic skin cleanser.

HELPING THE POD STICK

- **Bard® Protective Barrier Film**
bardmedical.com
Provides clear, dry barriers that are impervious to most liquids and irritation associated with adhesives.
- **Torbot Skin Tac™**
torbot.com
A hypo-allergenic and latex-free “tacky” skin barrier.
- **AllKare® Wipe**
convatec.com
Provides a barrier film layer on skin to help protect against irritation and adhesive build-up.
- **Mastisol®**
A liquid adhesive.
- **Hollister Medical Adhesive**
A liquid adhesive spray.

NOTE: Any products not listed with a specific website are available on Amazon.com.

HOLDING THE POD IN PLACE

- **PodPals™**
sugarmedical.com/podpals & omnipod.com/podpals
An adhesive overlay accessory for the Pod developed by the makers of the Omnipod® Insulin Management System! Waterproof¹, flexible and with a medical grade.
- **Mefix® 2" Tape**
A soft, elastic retention tape.
- **3M™ Coban™ Self-Adherent Wrap**
3m.com
A conformable, lightweight, cohesive self-adherent wrap.

PROTECTING THE SKIN

- **Bard® Protective Barrier Film**
bardmedical.com
Provides clear, dry barriers that are impervious to most liquids and irritation associated with adhesives.
- **Torbot Skin Tac™**
torbot.com
A hypo-allergenic and latex-free “tacky” skin barrier.
- **AllKare® Wipe**
convatec.com
Provides a barrier film layer on skin to help protect against irritation and adhesive build-up.
- **Hollister Medical Adhesive**
A liquid adhesive spray.

GENTLE REMOVAL OF THE POD

- **Baby Oil/Baby Oil Gel**
johnsonsbaby.com
A soft moisturizer.
- **UNI-SOLVE® Adhesive Remover**
Formulated to reduce adhesive trauma to the skin by thoroughly dissolving dressing tape and appliance adhesives.
- **Detachol®**
An adhesive remover.
- **Torbot TacAway Adhesive Remover**
An adhesive remover wipe.

NOTE: After using the oil/gel or adhesive removers, clean area with warm, soapy water and rinse well to remove the residue remaining on the skin.

Experienced Podders™ use these products to help their Pods stay put during rigorous activities.²

Many items are available at pharmacies; others are medical supplies covered by most insurance carriers. 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 to determine where to begin and what options are best for you.

1. The Pod has an IP28 rating for up to 25 feet for 60 minutes. The PDM is not waterproof. 2. Insulet Corporation (“Insulet”) has not tested any of the above products with the Pod and does not endorse any of the products or suppliers. The information was shared with Insulet by other Podders, whose individual needs, preferences and situations may be different from yours. Insulet is not providing any medical advice or recommendations to you and you should not rely on the information as a substitute for a consultation with your health care provider. Health care diagnoses and treatment options are complex subjects requiring the services of a qualified health care provider. Your health care provider knows you best and can provide medical advice and recommendations about your individual needs. All the information regarding available products was up to date at time of printing.

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