

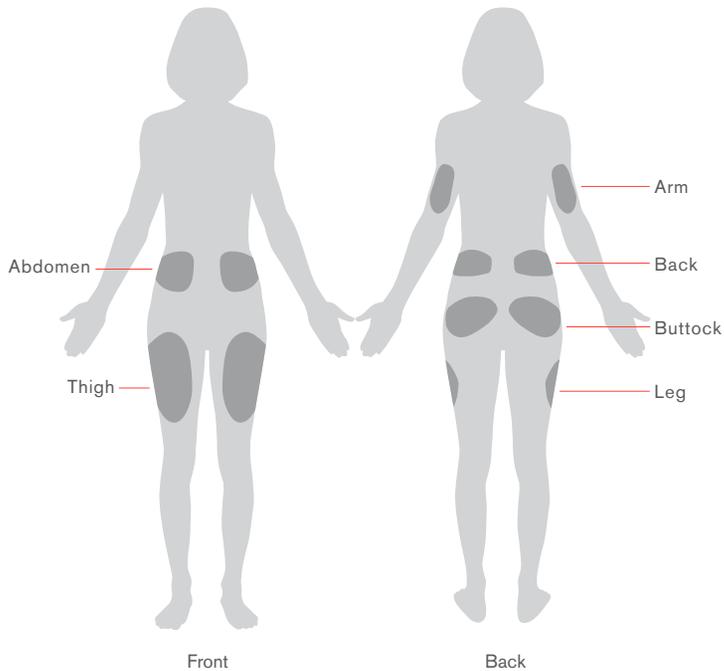


# POD PLACEMENT OPTIONS

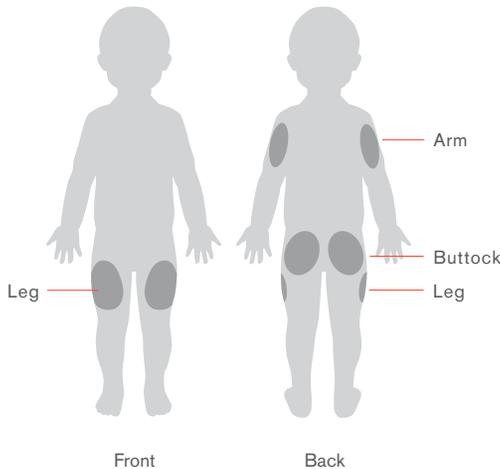
WEAR IT WITH **COMFORT**

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.

## YOUTH/ADULT



## CHILD



### Notes:

Four horizontal lines for taking notes.

## PLACEMENT TECHNIQUES FOR BEST RESULTS

### Site Selection

Change the site location each time you apply a new Pod; improper site rotation may 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

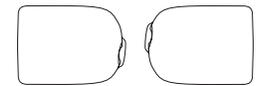
#### Arm and Leg:

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.



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



# POD ADHESION TIPS AND RESOURCES

WEAR IT WITH **CONFIDENCE**

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, several products are available to enhance adhesion. These tips from other Podders, healthcare professionals (HCPs) and Pod Trainers can keep your Pod secure.

## 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 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 use these products to help their Pods stay put during rigorous activities.<sup>1</sup> 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.

### PREPARING THE SKIN

**BD™ Alcohol Swabs** ([www.bd.com](http://www.bd.com))

**Hibiclens®** ([www.amazon.com](http://www.amazon.com))

An antimicrobial antiseptic skin cleanser

### HELPING THE POD STICK

**Bard® Protective Barrier Film** ([www.bardmedical.com](http://www.bardmedical.com))

Provides clear, dry barriers that are impervious to most liquids and irritation associated with adhesives

**Torbot Skin Tac™** ([www.torbot.com](http://www.torbot.com))

A hypo-allergenic and latex-free “tacky” skin barrier

**AllKare® Wipe** ([www.convatec.com](http://www.convatec.com))

Provides a barrier film layer on skin to help protect against irritation and adhesive build-up

**Mastisol®** ([www.amazon.com](http://www.amazon.com)) A liquid adhesive

**Hollister Medical Adhesive** ([www.amazon.com](http://www.amazon.com))

A liquid adhesive spray

### HOLDING THE POD IN PLACE

**Mefix® 2" Tape** ([www.amazon.com](http://www.amazon.com))

Soft, elastic retention tape

**3M™ Coban™ Self-Adherent Wrap** ([www.3m.com](http://www.3m.com))

A conformable, lightweight, cohesive self-adherent wrap

**Bands 4 Life Arm and Thigh Bands** ([www.bands4life.net](http://www.bands4life.net))

Light, comfortable, durable band that provides extra security and style for your Omnipod®

### PROTECTING THE SKIN

**Bard® Protective Barrier Film** ([www.bardmedical.com](http://www.bardmedical.com))

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Provides a barrier film layer on skin to help protect against irritation and adhesive build-up

**Hollister Skin Gel Protective Dressing Wipes**

([www.amazon.com](http://www.amazon.com)) Helps prevent skin stripping from adhesive removal

**3M™ Cavilon™ No Sting Barrier Film** ([www.3m.com](http://www.3m.com))

Clinically proven, long lasting skin protectant

### GENTLE REMOVAL OF THE POD

**Baby Oil/Baby Oil Gel** ([www.johnsonsbaby.com](http://www.johnsonsbaby.com))

Soft moisturizer

**UNI-SOLVE® Adhesive Remover** ([www.amazon.com](http://www.amazon.com))

Formulated to reduce adhesive trauma to the skin by thoroughly dissolving dressing tape and appliance adhesives

**Detachol®** ([www.amazon.com](http://www.amazon.com)) An adhesive remover

**Torbot TacAway Adhesive Remover** ([www.amazon.com](http://www.amazon.com))

An adhesive remover wipe

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

<sup>1</sup> 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 trademarks or registered trademarks are the property of their respective owners. The use of third party trademarks does not constitute an endorsement of any kind or imply a relationship or other affiliation.