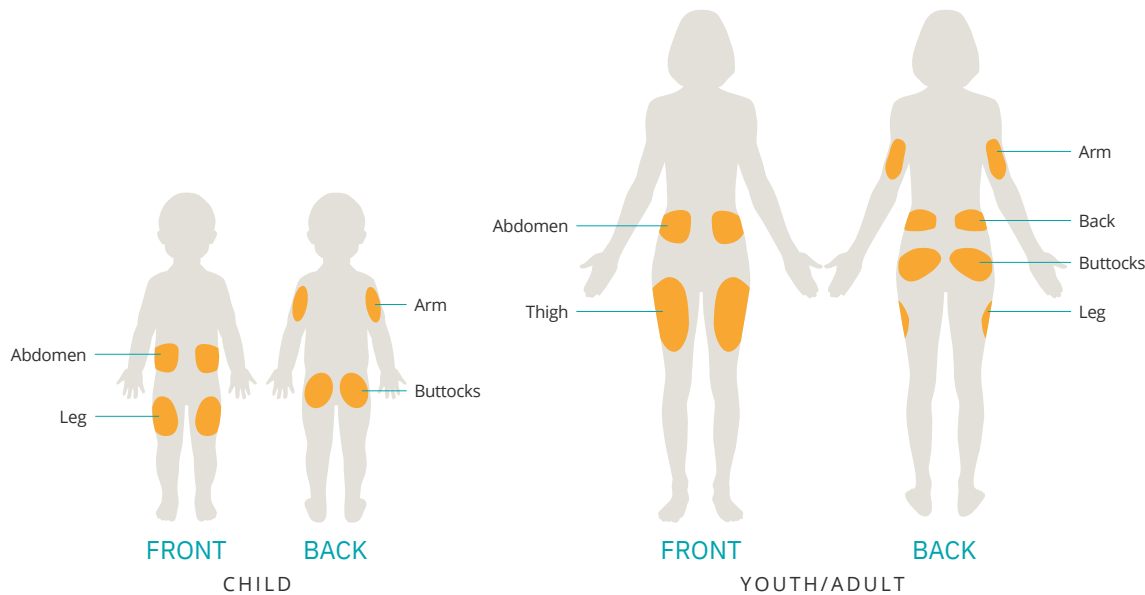


# Pod Site Preparation & Placement Options

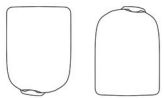
WEAR IT WITH **COMFORT**

## PLACEMENT TECHNIQUES FOR BEST RESULTS



### ARM & LEG

Position the Pod *vertically* or at a slight angle.



### BACK, ABDOMEN & BUTTOCKS

Position the Pod *horizontally* or at a slight angle.



### SKIN LIFT METHOD

Some Podders™ find a skin lift helpful and those who are lean find this especially important to avoid an occlusion. Place your hand over the Pod and gently lift the skin surrounding the viewing window. Then press the **START** button on the PDM. Release the skin lift 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.



## SITE SELECTION

- + Because there is **NO TUBING**, you can wear the Pod comfortably most places you would give an insulin injection.
- + Change the site location each time you apply a new Pod; improper site rotation may cause unpredictable 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.
- + Be aware of your Pod placement choices as some areas might be uncomfortable. For example, placing the Pod directly under your waist band might feel unpleasant. Please consult your healthcare provider to identify the most ideal locations.

## 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 wipe the skin down and let it air dry completely before applying the Pod. We do not recommend blowing it dry.

### 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 your skin and your Pod.

### ANSWERS

Wipe 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/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.

The Omnipod® Insulin Management System is all about **FREEDOM** — including the freedom to swim<sup>1</sup> 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 Omnipod® Clinical Specialists can keep your Pod secure.

## AVAILABLE PRODUCTS

**Experienced Podders™ use these products to help their Pods stay put during rigorous activities.**<sup>2</sup> Many items are available at pharmacies. 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 YOUR SKIN

#### Isopropyl Alcohol

##### General All-Purpose Cleaner

- + Wipe this on your skin and allow to dry before placing the Pod.

### HELPING THE POD STICK

Adhesives and more.

**NOTE:** When using these products leave a small area free of product so the cannula inserts through clean skin.

#### Torbot Skin Tac™

##### Adhesive Barrier Wipe

- + Wipe this on the skin before placing the Pod.

#### Convatec AllKare®

##### Wipe Barrier Film Layer

- + Wipe this on your skin and allow it to dry before placing the Pod.

#### Hollister

##### Medical Adhesive Spray

- + Spray this on your skin and allow it to dry before placing the Pod.

### PROTECTING YOUR SKIN

Prevent irritation with barriers.

#### 3M™ Nexcare™

##### Liquid Bandage

- + Wipe this on the skin and allow it to dry before placing the Pod.

#### Convatec AllKare®

##### Wipe

- + Wipe this on your skin and allow it to dry before placing the Pod.

#### 3M™ Cavilon™

##### No Sting Barrier Film

- + Comes as a wipe or a spray. Apply it to the skin and allow it to dry before placing the Pod.

#### 3M™ Tegaderm™

##### Absorbant Clear Acrylic Dressing

- + Cut a small hole for the cannula before placing this dressing on the skin. Apply the Pod on top.

#### Smith & Nephew IV3000®

##### Clear Sterile Barrier

- + Cut a small hole for the cannula before placing this dressing on the skin. Apply the Pod on top.

#### Smith & Nephew Skin-Prep®

##### Skin Barrier Preparation

- + Wipe this on your skin and allow to dry before placing the Pod.

### HOLDING THE POD IN PLACE

Keep your Pod even more secure with tapes and bands.

#### RockaDex

##### Adhesive Patch

- + Place the Pod on the body and place the RockaDex patch on top to add adhesive. These are pre-cut to the size of the Pod

#### BSN Medical Hypafix®

##### Non-woven dressing retention tape

- + Please the Pod on the body. Cut the tape to the size you want and apply the tape overtop of the Pod's adhesive pad.

#### 3M™ Coban™

##### Self-Adherent Wrap

- + One-time use wrap looks like a tensor bandage and wraps in a similar way.

### REMOVING YOUR POD GENTLY

Use a soft touch with moisturisers and removers.

#### J&J Baby Oil/Baby Oil Gel

- + With a cotton swab, dab oil on the edge of the adhesive as you lift the adhesive up.

#### Smith & Nephew Remove®

##### Adhesive Remover Wipes

- + Rub wipe on and around edge of adhesive as you lift adhesive off the skin.

#### Torbot TacAway®

##### Adhesive Remover Wipe

- + Rub wipe on and around edge of adhesive as you lift adhesive off the skin.

**NOTE:** 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.

# Getting the best results with your Pod

- + Place your Pod at least 2.5 cm (1 inch) away from your previous site and if wearing a continuous glucose monitor (CGM), at least 7.6 cm (3 inches) from your current CGM site.
- + Inspect your sites for irritated skin and for firm lumps/bumps under the skin. Avoid placing the Pod in these areas and speak to your healthcare provider.
- + Plan on a Pod change every 48–72 hours, depending on how much insulin you use daily.
- + Monitor your glucose levels before and two hours after a Pod change.
- + Avoid changing your Pod before bedtime so that you have time to check your BG after the Pod change. If you must change your Pod before bedtime we recommend you set an alarm to wake up and check your glucose levels overnight.
- + Some Podders™ find it helpful to change a Pod before a meal or snack.
- + Everyone responds differently to a Pod change. Some Podders™ may need more insulin directly after a Pod change. Speak to your healthcare provider to discuss your Pod change routine and insulin doses.