



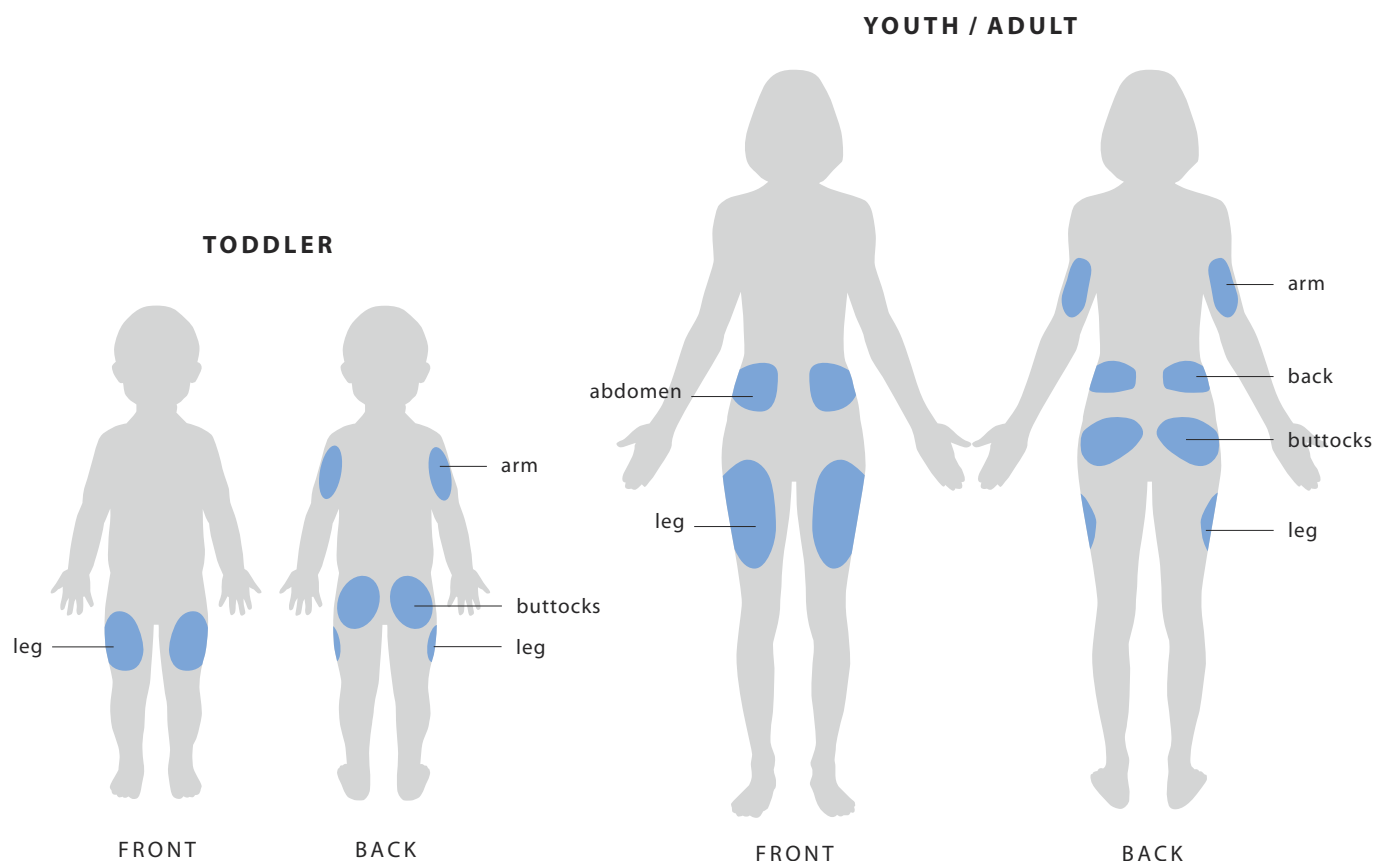
Insulin Management System

Insulet Corporation  
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[MyOmniPod.com](http://MyOmniPod.com)

# 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.



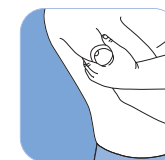
#### Back, Abdomen and Buttocks:

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



#### Pinching Up

Place your hand over the Pod, pinch up the skin near the cannula, then press the Start button on the PDM. Release when cannula inserts. This step is critical if the insertion site is very lean or does not have much fatty tissue.



# Wear it with confidence.

## Pod adhesion tips.

- **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, HCPs and Pod Trainers can keep your Pod secure.**

### Site Preparation

**Clean your skin well.** Body oils and lotions 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
<p>➤ <b>Oily Skin</b></p> <p>Residue from soap, lotion, shampoo or conditioner can prevent your Pod from sticking securely.</p>	<p>Clean your site thoroughly with alcohol before applying your Pod—and be sure to let your skin air dry.</p>
<p>➤ <b>Damp skin</b></p> <p>Dampness gets in the way of adhesion.</p>	<p>Towel off and allow your site to air dry thoroughly; do not blow on it.</p>
<p>➤ <b>Body hair</b></p> <p>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.</p>	<p>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.</p>

<sup>1</sup> Insulet does not endorse any of these products. These recommendations have been shared with Insulet by other Insulet customers, whose needs, preferences and situations may differ from yours. Discuss these products with your healthcare provider prior to trial.

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### 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.

PRODUCT NAME	DESCRIPTION
<b>Preparing the Skin</b>	
<b>Isopropyl Alcohol</b>	General all-purpose cleaner <a href="http://www.mgchemicals.com">http://www.mgchemicals.com</a>
<b>IV PREP<sup>®</sup></b>	Antiseptic wipe for preparation of the skin prior to an injection <a href="http://smith-nephew.com">http://smith-nephew.com</a>
<b>Hibiclens<sup>®</sup></b>	An antimicrobial antiseptic skin cleanser <a href="http://www.hibigeabies.com">http://www.hibigeabies.com</a>
<b>Razor</b>	Bladed tool primarily used in the shaving off of unwanted body hair <a href="http://www.gillette.com">http://www.gillette.com</a>
<b>Helping the Pod Stick</b>	
<b>Bard<sup>®</sup> Protective Barrier Film</b>	Provides clear, dry barriers that are impervious to most liquids and irritation associated with adhesives <a href="http://www.bardmedical.com">http://www.bardmedical.com</a>
<b>Torbot Skin Tac<sup>™</sup></b>	A hypo-allergenic and latex-free “tacky” skin barrier <a href="http://www.torbot.com">http://www.torbot.com</a>
<b>AllKare<sup>®</sup> Wipe</b>	Provides a barrier film layer on skin to help protect against irritation and adhesive build-up <a href="http://www.convatec.com">http://www.convatec.com</a>
<b>Mastisol<sup>®</sup></b>	A liquid adhesive (see Detachol <sup>®</sup> or Uni-Solve <sup>®</sup> for adhesive removal) <a href="http://www.ferndalelabs.com">http://www.ferndalelabs.com</a>
<b>Protecting the Skin</b>	
<b>Bard<sup>®</sup> Protective Barrier Film</b>	Provides clear, dry barriers that are impervious to most liquids and irritation associated with adhesives <a href="http://www.bardmedical.com">http://www.bardmedical.com</a>
<b>Torbot Skin Tac<sup>™</sup></b>	A hypo-allergenic and latex-free “tacky” skin barrier <a href="http://www.torbot.com">http://www.torbot.com</a>
<b>AllKare<sup>®</sup> Wipe</b>	Provides a barrier film layer on skin to help protect against irritation and adhesive build-up <a href="http://www.convatec.com">http://www.convatec.com</a>
<b>Hollister<sup>™</sup> Skin Gel</b>	Helps prevent skin stripping from adhesive removal <a href="http://www.hollister.com">http://www.hollister.com</a>
<b>Protective Dressing Wipes</b>	
<b>IV3000<sup>®</sup></b>	A dedicated range of IV dressings <a href="http://smith-nephew.com">http://smith-nephew.com</a>
<b>3M<sup>™</sup> Tegaderm<sup>™</sup> Transparent Film Dressing Frame Style 1624W</b>	A clear, waterproof, sterile barrier <a href="http://solutions.3m.com">http://solutions.3m.com</a>
<b>Holding the Pod in Place</b>	
<b>Hypafix<sup>®</sup> Dressing Retention</b>	Conformable retention tape <a href="http://smith-nephew.com">http://smith-nephew.com</a>
<b>3M<sup>™</sup> Coban<sup>™</sup> Self-Adherent Wrap</b>	A conformable, lightweight, cohesive self-adherent wrap <a href="http://solutions.3m.com">http://solutions.3m.com</a>
<b>Extreme Rage Arm Band Elastic And Velcro</b>	Breathable elastic band <a href="http://www.paintball-online.com">http://www.paintball-online.com</a>
<b>Removing the Pod</b>	
<b>Baby Oil/Baby Oil Gel</b>	Soft moisturizer <a href="http://www.johnsonsbaby.com">http://www.johnsonsbaby.com</a>
<b>UNI-SOLVE<sup>®</sup> Adhesive Remover</b>	Formulated to reduce adhesive trauma to the skin by thoroughly dissolving dressing tape and appliance adhesives <a href="http://smith-nephew.com">http://smith-nephew.com</a>
<b>Detachol<sup>®</sup></b>	An adhesive remover <a href="http://www.ferndalelabs.com">http://www.ferndalelabs.com</a>