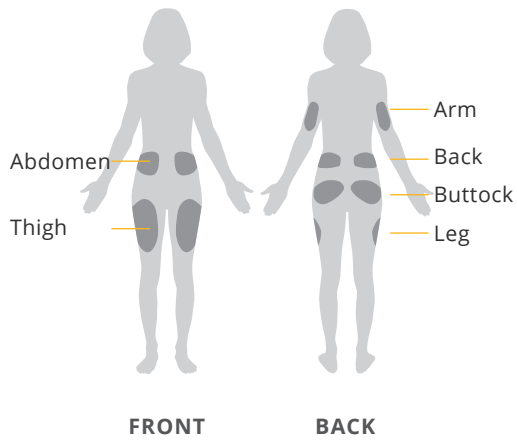


# Pod Placement Options

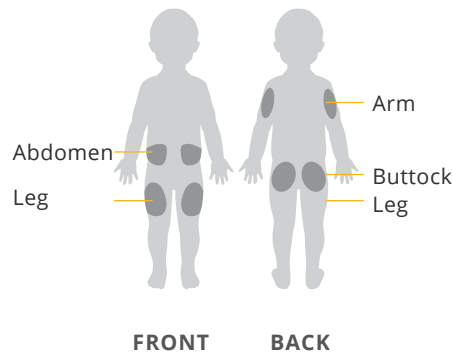
Wear it with confidence



## YOUTH / ADULT



## CHILD



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.

### Notes:

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## 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.



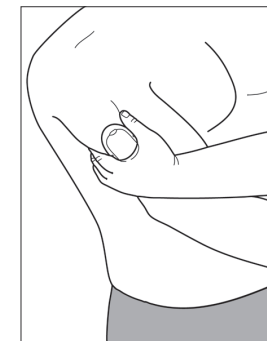
#### Back, Abdomen and Buttocks:

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

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.

## 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

**PodPals™** ([www.sugarmedical.com/podpals.html](http://www.sugarmedical.com/podpals.html))

([www.omnipod.com/podpals](http://www.omnipod.com/podpals))

The adhesive overlay accessory for the Pod developed by the makers of the Omnipod® Insulin Management System! Waterproof\*, flexible and with a medical grade.

**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

### Protecting The Skin

**Bard® Protective Barrier Film**

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

A liquid adhesive spray

### 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

800.591.3455 | 978.600.7850 | [omnipod.com](http://omnipod.com)  
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\*INSULET DATA ON FILE. THE POD HAS AN IP28 RATING FOR UP TO 25 FEET FOR 60 MINUTES. THE PDM IS NOT WATERPROOF.