

Pod Site Preparation & Placement¹

Follow these steps to help you wear your Pod with comfort.

1 CONSIDERATIONS FOR POD PLACEMENT



Pod shown without the necessary adhesive

- Avoid irritated or swollen skin, open wounds, scabs, or cuts.
- Rotate sites for best insulin absorption. Do not overuse sites.
- Place the Pod so it lays flat, not on a curved area of the body.
- Avoid placing the Pod in sites where it may be uncomfortable or dislodge easily, such as near folds of skin or directly under your waist band.
- If using Omnipod[®] 5, remember your Pod and Sensor communicate best if they are in direct line of sight/on the same side of the body.

2 PREPARE THE SKIN FIRST

- Use an alcohol swab or an oil-free antibacterial soap to clean a spot the size of a tennis ball where you will place the Pod. Let the site air dry completely before applying the Pod.
- Shave or trim any excess body hair before applying the Pod.
- Always ensure the skin is completely dry before you apply the Pod. Especially after swimming or bathing.

3 POD POSITIONING

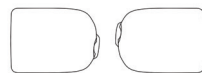
ARM & LEG:

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



BACK, ABDOMEN & BUTTOCKS:

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



The Pod has an IP28 rating for up to 7.6 m or 25 feet for 60 minutes.
The PDM/Controller are not waterproof.

4 APPLYING THE POD

- Gently place the Pod on the skin to avoid wrinkling the adhesive pad.
- Run your finger around the adhesive 2-3 times to ensure that it is properly secured to the skin.
- After cannula insertion, continue to hold the Pod down firmly using the palm of your hand for 10-20 seconds to secure the entire adhesive to the skin.

5 CONSIDERATIONS FOR DAILY POD USE

- Avoid using spray sunscreen, body oils, lotions, personal care sprays or bug sprays on or near the Pod. They can loosen the Pod's adhesive, and can irritate the infusion site, damage or crack the Pod's plastic, which could result in water getting into the Pod, causing the Pod to not work properly.
- Check your Pod adhesive regularly, especially when swimming. If needed, see the Available Products on the next page for additional adhesive resources.

CONCERNS

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—and if there is a lot of it, can keep the Pod from sticking securely.

Sweating: Sweat on the skin can prevent the Pod from sticking securely.

WHAT YOU CAN DO

Clean 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, consider doing this 24 hrs before putting on the Pod.

Apply unscented solid or spray antiperspirant in the insertion area. Wait 10-15 minutes before applying the Pod.



Pod Adhesion & Removal Resources

WEAR IT WITH CONFIDENCE

The Pod 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 but everyone's skin is different. These are tips and products from other Podders, healthcare professionals (HCPs) and Pod Trainers to help you get the best from your Pod. Consult your HCP for the right product or combination of products that would work best for you.

AVAILABLE PRODUCTS¹

PREPARING THE SKIN

Pods attach best to clean, completely dry skin. Use these to clean the skin. Let the skin completely dry before applying the Pod.

- **BD™ Alcohol Swabs**
- **Hibiclens®**

HELPING THE POD STICK

These products provide a tacky barrier between the Pod and the skin in order to help it stick. Wipe the product onto the area and let it completely dry before placing the Pod.

- **Torbot Skin Tac™**
- **AllKare® Wipe**
- **Mastisol®**

HOLDING THE POD IN PLACE

Place these products over the Pod after it has been applied to provide an extra layer of protection.

- **PodPals®**
An adhesive overlay accessory for the Pod developed by the makers of the Omnipod® Systems! Water-resistant, and flexible material.
- **3M™ Tegaderm™ HP**
- **3M™ Coban™ Self-Adherent Wrap**

PROTECTING THE SKIN

Use these products as a barrier between the skin and the Pod adhesive to help limit skin irritation. For films or bandages, cut a small hole where the cannula is to ensure it inserts properly.

- **Torbot Skin Tac™**
- **AllKare® Wipe**
- **3M Cavilon™ No Sting Barrier Film**
- **Hydrocolloid bandages**

GENTLE REMOVAL OF THE POD

These products can be used on the adhesive of the Pod in order to help with the removal. This can reduce irritation after you remove the Pod.

- **Baby Oil/Baby Oil Gel**
- **UNI-SOLVE® Adhesive Remover**
- **Detachol®**
- **Torbot TacAway Adhesive Remover**

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 and similar ones, to help their Pods stay put.²

Many items are available online, or at pharmacies; others are medical supplies covered by some insurance carriers. Everyone's skin is different. Try various products to find out what works for you. Consult your HCP or Pod trainer to determine what is best for you.

1. Messer LH, et al. Preserving Skin Integrity with Chronic Device Use in Diabetes. Diabetes Technol Ther. 2018;20(S2):S254-S264. doi:10.1089/dia.2018.0080. 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. © 2023 Insulet Corporation. Omnipod, the Omnipod logo, PodPals, Podder, and Simplify Life are trademarks or registered trademarks of Insulet Corporation. All right reserved. All other trademarks are the property of their respective owners. The use of third-party trademarks does not constitute an endorsement or imply a relationship or other affiliation. INS-ODS-06-2019-00035 V3.0