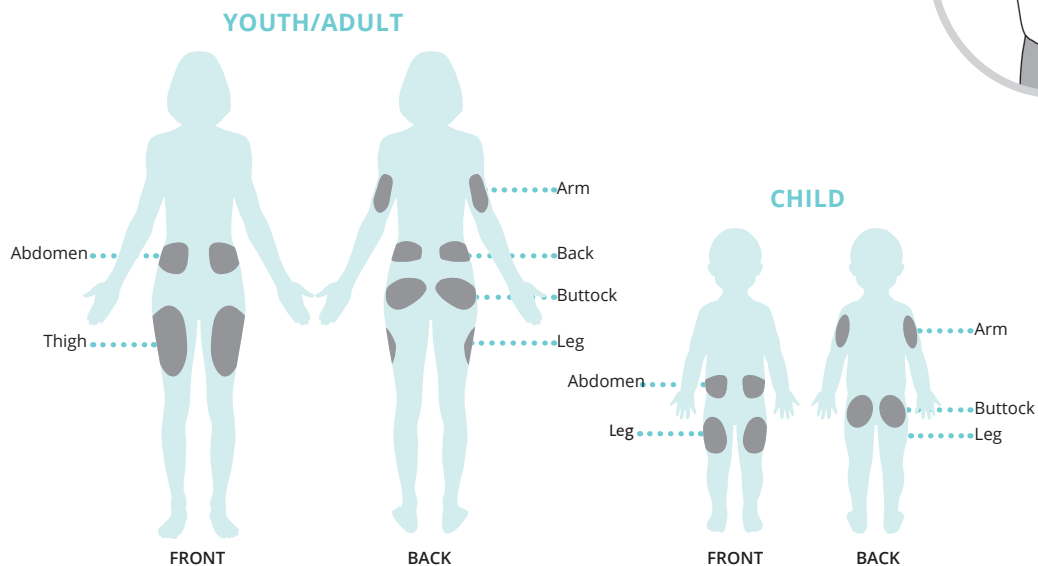
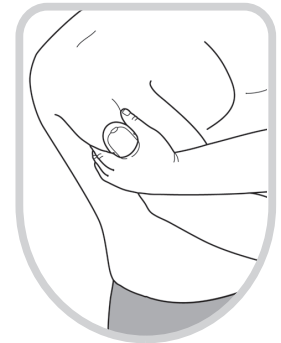


# Getting the Best Results with Your Pod

When it is time for a Pod change, below are some **helpful tips** for getting the best results!

## CHOOSING YOUR SITE

- Be sure to use sites with enough fatty tissue as this is where insulin absorbs best. This includes sides of the abdomen, lower back, back of the arm, upper buttocks and outside of the thighs.
  - Remember to position the Pod vertically if wearing it on your arm or leg and horizontally if it's on your back, abdomen, or buttocks.
- Place your Pod at least 1 inch away from your previous site and if wearing a continuous glucose monitor (CGM), at least 3 inches from your current CGM site.
- Avoid any areas that contain small to large firm lumps or small reddish bumps as this could be a sign of thickening of the skin which can decrease insulin absorption.
- If you have chosen a lean area the “pinch-up” technique is encouraged. This is done by gently lifting the skin fold area where the cannula is to be inserted.



## KEEPING THE POD IN PLACE

- Make sure the site is clean, cool, and dry prior to applying the Pod.
- Consider products such as IV prep, Skin-Tac™ or adhesive overlays (Podpals™, Tegaderm™, IV 3000 tape) to reinforce the Pod and help with adhesion if needed.

# Getting the Best Results with Your Pod

## FILLING THE POD

- Be sure to remove air from the syringe prior to filling the Pod.
- Fill the Pod with room temperature (not cold) insulin to avoid air bubbles that can form after Pod fill.
- Make sure insulin is not expired and has been stored properly. Exposure to extreme temperature can damage the insulin.

## TIMING YOUR POD CHANGE

- Plan on a Pod change every 48-72 hours, depending on how much insulin you use daily.
- Monitor your glucose levels prior to and two hours following a Pod change.
- Avoid changing your Pod before bedtime.
- Some Omnipod® users find it helpful to change a Pod before a meal or snack.
- For some children, the stress of a Pod change can cause a rise in glucose levels.
  - Try using distraction techniques such as playing with their favorite toy or watching a TV show during the Pod change. Consider choosing a time of day that works best to perform the site change, possibly even naptime.

## MONITORING YOUR GLUCOSE

- It's important to monitor your glucose levels after a Pod change to make sure the cannula has been properly inserted.
  - To help you remember, the PDM will remind you to check your glucose and Pod site 90 minutes after activating a new Pod.
- Discuss with your healthcare provider if you notice a pattern of higher glucose values after site changes.
  - Some Omnipod® users find it helpful to take a small bolus of insulin or set a temporary basal rate increase after changing a Pod.
  - The amount of bolus and temporary basal varies person-to-person so it is important to speak to your healthcare provider.

MEDICAL DISCLAIMER - HEALTH CARE AND TREATMENT ARE COMPLEX SUBJECTS REQUIRING THE SERVICES OF QUALIFIED HEALTHCARE PROVIDERS. THIS EDUCATIONAL HANDOUT IS INFORMATIONAL ONLY AND NOT INTENDED AS MEDICAL OR HEALTH CARE ADVICE OR RECOMMENDATIONS TO BE USED FOR DIAGNOSIS, TREATMENT OR FOR ANY OTHER INDIVIDUAL NEEDS. THIS EDUCATIONAL HANDOUT IS NOT A SUBSTITUTE FOR MEDICAL OR HEALTH CARE ADVICE, RECOMMENDATIONS AND/OR SERVICES FROM A QUALIFIED HEALTHCARE PROVIDER. THIS EDUCATIONAL HANDOUT MAY NOT BE RELIED UPON IN ANY WAY IN CONNECTION WITH YOUR PERSONAL HEALTH CARE, RELATED DECISIONS AND TREATMENT. ALL SUCH DECISIONS AND TREATMENT SHOULD BE DISCUSSED WITH A QUALIFIED HEALTHCARE PROVIDER WHO IS FAMILIAR WITH YOUR INDIVIDUAL NEEDS.

Insulet Corporation 100 Nagog Park Acton, MA 01720 USA 800.591.3455/978.600.7850 [www.omnipod.com](http://www.omnipod.com)

© 2020 Insulet Corporation. Omnipod, the Omnipod logo, Podder, and Simplify Life are trademarks or registered trademarks of Insulet Corporation. All rights reserved.

