

OmniPod[®]

Insulin Management System



Caregiver GUIDE



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This guide is for PDM model UST200.
The PDM model number is written on the back cover of each PDM.

The OmniPod Insulin Management System

The OmniPod is an easy-to-use, two-part insulin delivery system. If you are a school nurse, daycare provider, or other secondary caregiver for someone using the OmniPod, this guide will lead you through some key functions that you may need to perform.

This guide is intended to be used in conjunction with the child's Diabetes Management Plan, input from the parents and/or healthcare provider and the OmniPod Insulin Management System User Guide. Refer to the OmniPod System User Guide for complete information on how to use the System, and for all related warnings and cautions. The User Guide is available online at MyOmniPod.com or by calling Customer Care.

 This symbol will remind you to refer to the User Guide.

Customer Care: 800.591.3455
From outside the US: 781.457.5098
Website: **MyOmniPod.com**

In an emergency you should call the child's healthcare provider as well as the parent or emergency contact.

Healthcare Provider Name: _____

Healthcare Provider Number: _____

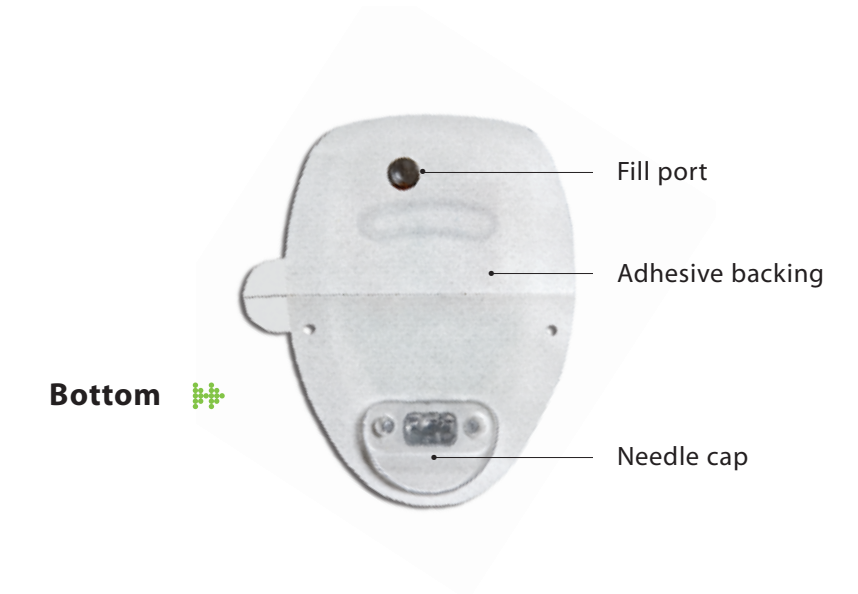
Parent Name: _____

Parent Number: _____

Emergency Contact Name: _____

Emergency Contact Number: _____

The Pod



The PDM (Personal Diabetes Manager)



Main Menu Items

Bolus: Deliver bolus doses to cover carbohydrates or correct high blood glucose (BG) levels.

More actions:

- 🌿 Change the Pod
- 🌿 Add BG readings
- 🌿 Assign/Edit BG tags

Temp basal: Adjust insulin delivery for exercise or illness according to the child's Diabetes Management Plan. *This menu item is present only if the Temp basal option is turned on.*

My records: Review insulin delivery, blood glucose history, alarm history, carbohydrate history, and personal user information.

Settings:

- 🌿 Enter, edit and name basal programs
- 🌿 Program temp basal, carbohydrate and bolus presets
- 🌿 Customize system settings

Food library: Display reference library with carbohydrate, fiber, fat, protein and calorie counts for over 1,000 common food items.

BG history: View blood glucose history screens.

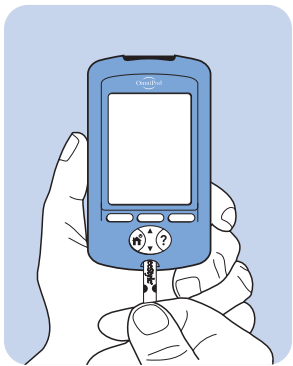
Suspend: Temporarily suspend insulin delivery.



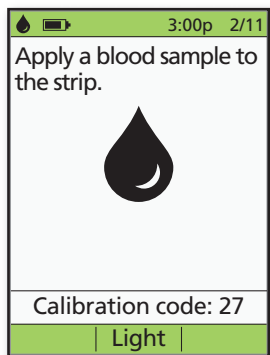
How to check blood glucose and deliver a bolus

A bolus is an extra dose of insulin that helps manage the rapid natural rise in blood glucose (also known as blood sugar) that results when you eat carbohydrates (sugar or starch). Follow the steps below to check the child's blood glucose level, determine the appropriate bolus and deliver the bolus. These steps assume that the suggested bolus calculator has been turned on as part of the child's Diabetes Management Plan.

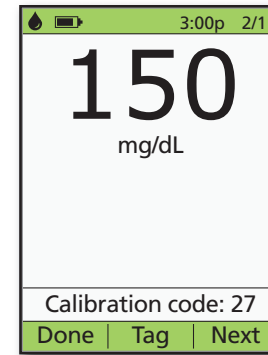
Because children's food intake is often unpredictable, consult the child's Diabetes Management Plan or healthcare provider to determine the appropriate timing of insulin delivery.



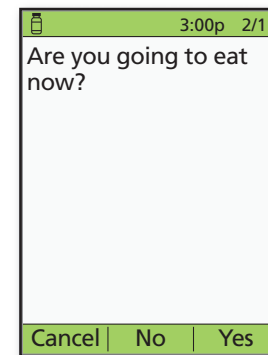
- ▶ Insert FreeStyle® test strip into strip port.
- ▶ Check that the code on the vial of test strips matches the code on the PDM screen.
- ▶ If the codes do not match, use the **Up/down controller** button to match the code on the PDM to the code on the vial.



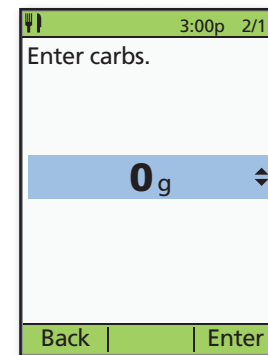
- ▶ Wash the finger with soap and water or an alcohol wipe and dry it completely.
- ▶ Prick finger with the lancing device.
- ▶ Press **Light** to illuminate the test strip in low-light situations.
- ▶ Apply blood sample to test strip.



- ▶ When blood glucose reading appears, press **Next** to continue.

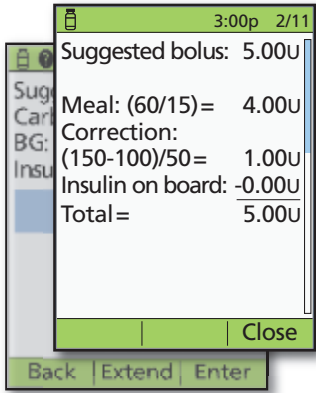


- ▶ If eating now, press **Yes**.
- OR**
- ▶ If not eating, press **No**.

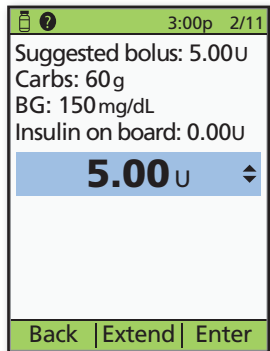


- ▶ If eating, press the **Up/down controller** button to enter the correct number of carbs, then press **Enter**.

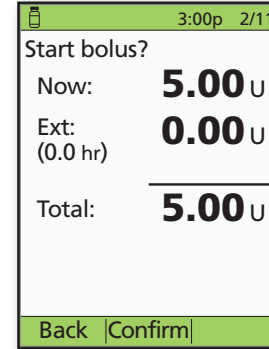
How to check blood glucose and deliver a bolus



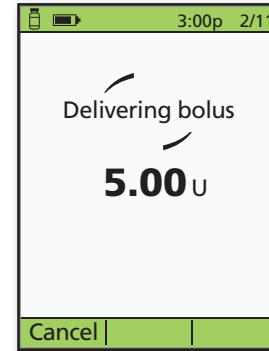
- Press the **User info/support** button to view how the suggested bolus is calculated. Then press **Close**.



- Press **Enter** to deliver the bolus immediately.
- OR**
- Press **Extend** and follow on-screen instructions to deliver a portion/percentage of the bolus immediately and the rest over a set period of time. *Only use the Extend option when required by the child's Diabetes Management Plan.*
- If extended boluses are not part of the child's Diabetes Management Plan, the **Extend** option will not appear on the screen.



- Press **Confirm** to deliver.



- The PDM screen will indicate when bolus delivery has begun. If necessary, you may press **Cancel** to stop a bolus while it is being delivered.
- The child does not need to remain near the PDM during delivery. Delivery time varies based on the size of the bolus dose.
- Once bolus delivery begins, you may press and hold the **Home/power** button to turn off the PDM screen.

NOTES:

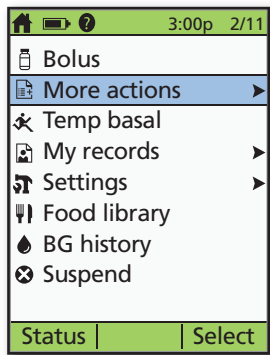


How to change the Pod

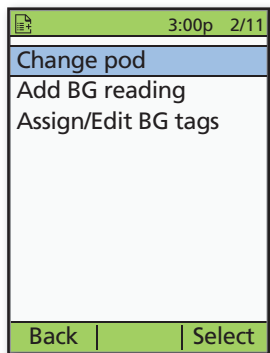
You may need to change the Pod:

- ▶ When the reservoir is low or empty, or the Pod is nearing expiration
- ▶ In response to an alarm
- ▶ If the Pod has become dislodged
- ▶ If the child has a blood glucose reading of 250 mg/dL or more and has moderate to large ketones

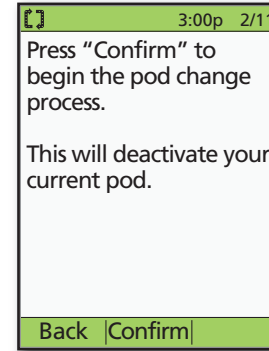
DEACTIVATE THE OLD POD



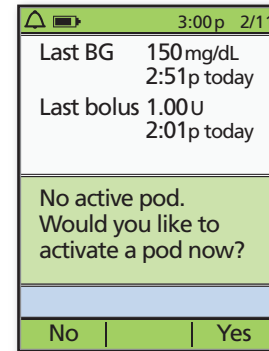
- ▶ Turn on the PDM.
- ▶ Press the **Home/power** button, then select **More actions**.



- ▶ Select **Change pod**.



- ▶ Press **Confirm** to deactivate Pod.
- ▶ Gently remove the deactivated Pod by slowly peeling back the adhesive. A commercial solvent or baby oil can be used to soften the adhesive if necessary.



- ▶ Press **Yes** to activate a new Pod.
- ▶ Follow the steps on pages 10 and 11 to fill a new Pod with insulin. As you proceed, if the PDM screen times out, press and hold the **Home/power** button to turn it back on.

NOTES:

ACTIVATE A NEW POD



- ▶ Assemble the following supplies:
 - Vial of insulin at room temperature (U-100, rapid-acting). *See User Guide for insulins approved for use with the OmniPod System.*
 - One sealed Pod
 - PDM
 - Alcohol prep swab
- ▶ Wash your hands.

Step 1 : Fill the Pod



- ▶ Remove the Pod from its sterile packaging.
- ▶ Use the alcohol prep swab to clean the top of the insulin vial.
- ▶ Assemble the fill syringe by twisting the needle onto the syringe.



- ▶ Remove the protective cap.



CAUTION: Do not use any other type of needle or filling device besides the syringe provided with each Pod.



- ▶ Draw air into the fill syringe equal to the amount of insulin indicated in the child's Diabetes Management Plan.
- ▶ Depress air into the vial of insulin.
- ▶ Turn the vial and syringe upside down.
- ▶ Withdraw insulin from the vial and fill the syringe with the amount of insulin indicated in the child's Diabetes Management Plan; fill at least to the MIN line.
- ▶ Remove any air bubbles from the syringe.



- ▶ Insert the needle straight down into the fill port on the underside of the Pod. To ensure proper fill, do not insert fill syringe at an angle into the fill port.
- ▶ Completely empty the syringe into the Pod.
- ▶ The Pod will beep twice, indicating that the System is ready to proceed.



WARNING: NEVER inject air into the fill port. Doing so may result in unintended or interrupted insulin delivery.



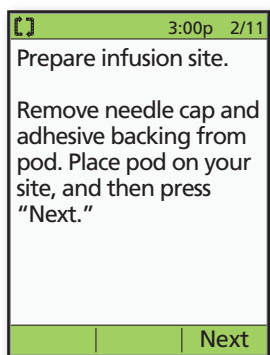
WARNING: NEVER use a Pod if you hear a crackling noise or feel resistance when you depress the plunger. These conditions can result in underdelivery of insulin.

How to change the Pod



- ▶ Return to the PDM. If the PDM screen times out, press and hold the **Home/power** button to turn it back on.
- ▶ Press **Next**.
- ▶ The PDM establishes a one-to-one relationship with the Pod, which will not allow it to communicate with any other Pod while this Pod is active. Once the Pod successfully completes its priming and safety checks, the PDM will beep.

Step 2 : Apply the Pod



- ▶ Select the infusion site, being careful to avoid areas where the Pod will be affected by folds of skin. Refer to the figures on page 15 for recommended sites and placement tips.



- ▶ For optimal adhesion, always clean the site thoroughly with an alcohol swab to remove all body oils and lotions, which may loosen the Pod's adhesive. Let the site air dry completely; do not blow on the site to dry it.



- ▶ Remove the needle cap.

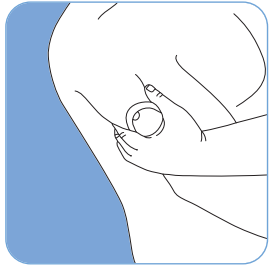


- ▶ Remove and discard the white paper backing from the adhesive.



- ▶ Apply the Pod to the selected site.
- ▶ Run your finger around the adhesive to secure it.
- ▶ Press **Next** on the PDM.

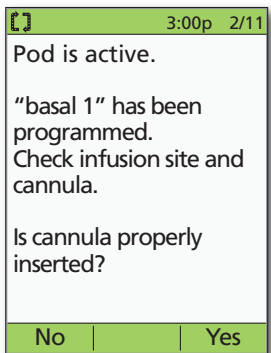
Step 3 : Press Start



➤ To facilitate insertion, place one hand over the Pod, pinching up the skin near the cannula; this step is critical if the insertion site does not have much fatty tissue. Release the skin after the cannula inserts.



➤ Press **Start**. The Pod automatically inserts the cannula and delivers a prime bolus to fill the cannula with insulin. It takes a few seconds to complete this process.



➤ Once complete, the PDM indicates that the Pod is active and asks you to check the infusion site.

➤ Look through the Pod's viewing window to check that the cannula is properly inserted, then press **Yes**.

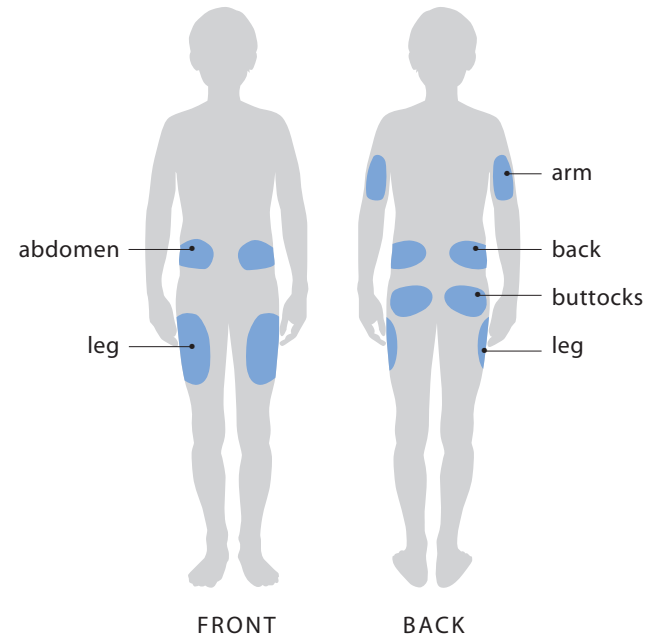


WARNING: NEVER inject insulin (or anything else) into the fill port while the Pod is on the child's body. Doing so may result in unintended or interrupted insulin delivery.

POD PLACEMENT OPTIONS

The Pod may be placed over any subcutaneous tissue where one would deliver an insulin injection. Please note the recommended positioning for each body area. The child's Diabetes Management Plan or healthcare provider should indicate any preferred sites.

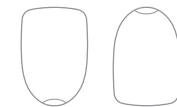
Youth



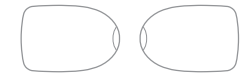
PLACEMENT TECHNIQUES FOR BEST RESULTS

➤ 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.



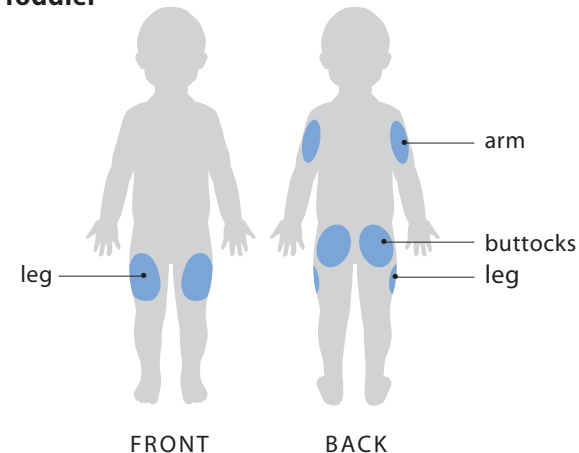
➤ Site Selection

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 scar.

➤ Optimal Adhesion

Always clean the site thoroughly with an alcohol swab to remove all body oils and lotions, which may loosen the Pod's adhesive. Let the site air dry completely; do not blow on the site to dry it.

Toddler



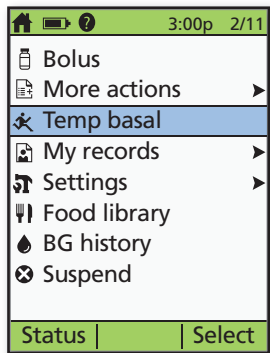


How to enter a temporary basal rate

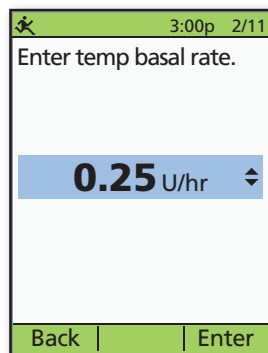
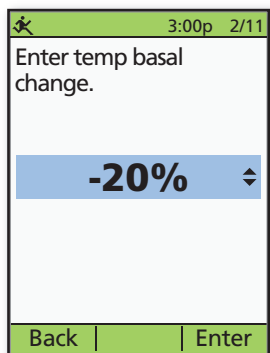
The basal rate refers to the steady dose of insulin the child receives at all times. You may need to:

- Temporarily increase the basal rate in response to high blood sugar, if, for instance, the child is ill or insulin delivery has been interrupted.
- Temporarily decrease the basal rate prior to increased physical activity (physical education or organized sports) or in response to low blood sugar that does not respond to oral carbohydrates or other efforts.

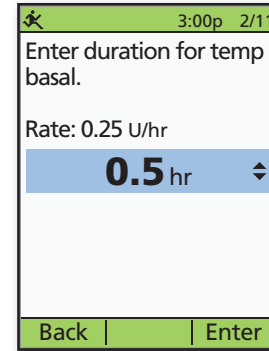
The child's Diabetes Management Plan or healthcare provider should provide the appropriate temp basal rates.



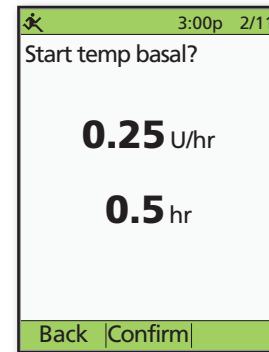
- Turn on the PDM.
- Press the **Home/power** button, then select **Temp basal**.
- If temporary basal rates are not part of the child's Diabetes Management Plan, the **Temp basal** option will not appear on the screen.



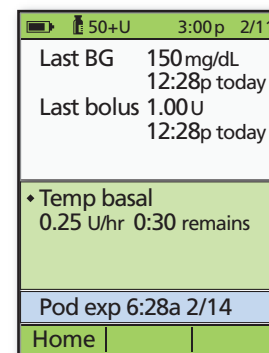
- Enter % change or temp basal rate.
- Press **Enter**.



- Enter the length of time the temp basal should be delivered (in half-hour increments), then press **Enter**.



- Press **Confirm** to begin temp basal.

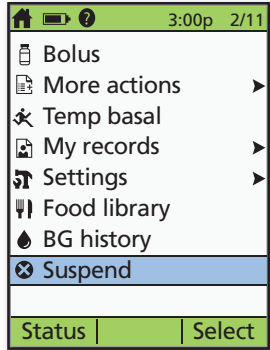


- The Status screen indicates the temp basal rate and the remaining delivery time.

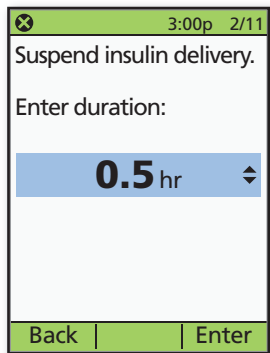


How to suspend insulin delivery

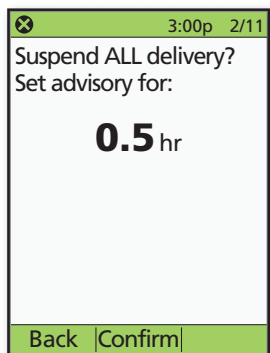
If the child has severe low blood sugar you may need to suspend insulin delivery.



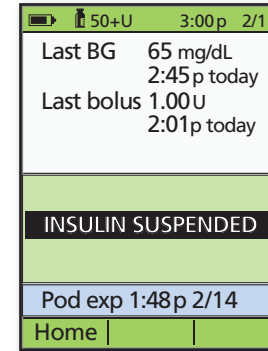
- Turn on the PDM.
- Press the **Home/power** button, then select **Suspend**.



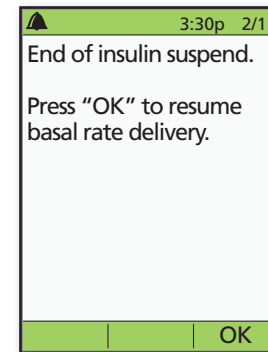
- Enter the length of time the suspension should last (minimum 0.5 hour, maximum 2.0 hours), then press **Enter**.



- Press **Confirm**.



- The Status screen indicates that insulin delivery has been suspended.



- The Pod will beep every 15 minutes until the end of the suspension period. At the end of the suspension period, a Pod advisory alarm will occur. At this time, turn the PDM on and press **OK** to resume the active basal program.



CAUTION: The Pod remains suspended and the Status screen shows INSULIN SUSPENDED until you press OK to resume insulin delivery.

NOTES:



Insulin Management System



Insulet Corporation
9 Oak Park Drive
Bedford, MA 01730 USA
800.591.3455 / 781.457.5098

MyOmniPod.com

No strings attached.™

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PDM imagery is for illustrative purposes only. PDM screens may vary based on model or user settings.
Model: **UST200**

13436-AW R2 02/09