

Wear it well

Ten Tips for Better Podding

1 Check, don't guess

‡ Test your BG *at least* 4 times a day.

2 Do the **daily** double

‡ Check your Pod site and the insulin level on your PDM *every* day.

3 A **spare** Pod will do the job

‡ Always have an extra Pod and insulin with you.

4 Stay **charged** up

‡ Check your PDM batteries regularly—and change them *before* they run out.

5 **Stick** to it

‡ The best time to change Pods is just after you shower and are *completely* dry.

6 Why so **high**?

‡ If your BG is high with no obvious reason, take steps to correct it and give another Pod a try.

7 Heed the **warnings!**

‡ Alerts and alarms are features designed to keep your BGs in line—they are on your side.

8 If you see **red**

‡ If you see blood in the cannula, test your BG more frequently.
If you trend high, change your Pod.

9 Don't **switch** and **snooze**

‡ To avoid waking up with a high BG, never change your Pod at bedtime; you should check your BG 2-3 hours after each change.

10 **Align** your time

‡ Make sure you change the time on your PDM for travel and daylight savings.

OmniPod®

Insulin Management System

PodTalk

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