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.
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 Podders¹, healthcare professionals (HCPs) and Pod Trainers can keep your Pod secure.

### SITE PREPARATION

<table>
<thead>
<tr>
<th>ISSUES</th>
<th>ANSWERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oily skin</td>
<td>Clean your site thoroughly with alcohol before applying your Pod and be sure to let your skin air dry.</td>
</tr>
<tr>
<td>Damp skin</td>
<td>Towel off and allow your site to air dry thoroughly; do not blow on it.</td>
</tr>
<tr>
<td>Body hair</td>
<td>Clip or shave the site with a razor to create a smooth surface for Pod adhesion. To prevent irritation, recommend doing this 24 hours before putting on the Pod.</td>
</tr>
</tbody>
</table>

### AVAILABLE PRODUCTS

**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

**PROTECTING THE SKIN**

- **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
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- **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
- **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

After using the oil/gel or adhesive remover, clean area with warm, soapy water and rinse well to remove the residue remaining on the skin.

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¹Insulet 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.

²Insulet data on file. The Pod has an IP28 rating for up to 25 feet for 60 minutes. The PDM is not waterproof.