Get to know the **OmniPod**.

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With the OmniPod, you can help make managing diabetes easier.

As a caregiver for a child with diabetes, you want to know you’re doing the right thing and providing proper care. With the OmniPod, you can.

The OmniPod is an easy-to-use, two-part insulin delivery system designed to help simplify diabetes management. With a small, tubing-free Pod that’s worn directly on the body, and a wireless Personal Diabetes Manager (PDM), you can help make managing and living with diabetes easier for the child in your care. You can also feel confident knowing that the OmniPod is trusted by tens of thousands of wearers worldwide, along with caregivers like you. And, you can count on us to be there for you whenever you need us with 24/7 comprehensive customer support.

Whether you’re a school nurse, daycare provider, parent, grandparent, or other secondary caregiver for a child using the OmniPod, this guide will lead you through some of the key functions that you may need to perform.

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

<table>
<thead>
<tr>
<th>Healthcare provider name</th>
<th>Healthcare provider number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent name</td>
<td>Parent number</td>
</tr>
<tr>
<td>Emergency contact name</td>
<td>Emergency contact number</td>
</tr>
</tbody>
</table>

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

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. PDM imagery is for illustrative purposes only and should not be considered suggestions for user settings.

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.

This guide is for PDM model UST400. The PDM model number is written on the back cover of each PDM.
The Pod
A small, lightweight Pod that’s easy to apply and wear daily.

The PDM
A wireless Personal Diabetes Manager (PDM) that’s easy to use.

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.

TOP →

- Viewing Window
- USB Port
- Color LCD Screen
- Soft keys
- Home/power
- Test strip port with light

BOTTOM →

- Fill port
- Adhesive Backing
- Needle Cap
- User info/support
- Up/down controller

A small, lightweight Pod that’s easy to apply and wear daily. A wireless Personal Diabetes Manager (PDM) that’s easy to use.
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.

1. Insert FreeStyle® test strip into strip port.
2. Check that the code on the vial of test strips matches the code on the PDM screen.
3. 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.
4. When blood glucose reading appears, press Next to continue.

- 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.

- If eating now, press Yes.
- OR
- If not eating, press No.
5. Enter carbs.
   If eating, press the **Up/down controller** button to enter the correct number of carbs, then press **Enter**.

6. Use these values for bolus calculations?
   BG: 150 mg/dL
   Carbs: 18 g
   Review the BG and carb values to make sure they are correct, then press **Confirm**.

7. Suggested bolus: 5.00U
   Meal: (60/15) = 4.00 U
   Correction: (150 - 100)/50 = 1.00 U
   Insulin on board: -0.00 U
   Total = 5.00 U
   Press the **User info/support** button to view how the suggested bolus is calculated. Then press **Close**.

8. Suggested bolus: 5.00U
   Carbs: 60 g
   BG: 150 mg/dL
   Insulin on board: 0.00 U
   Press **Enter** to accept the suggested bolus.
   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.

9. Start bolus?
   Now: 5.00 U
   Ext: (0.0 hr)
   Total: 5.00 U
   Press **Confirm** to start the bolus.

10. Delivering bolus
    5.00 U
    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.
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

1. Turn on the PDM.
   > Press the Home/power button, then select More actions.

2. Select Change pod.

3. Press “Confirm” to begin the pod change process.
   > This will deactivate your current pod.

4. Press Yes to activate a new Pod.
   > Follow the steps on pages 11 and 12 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

If the PDM screen times out during the process, press and hold the Home/power button to continue.
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.

### 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.

### 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 01: FILL THE POD

1.1

- 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.

1.2

- Remove the protective cap.

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

1.3

- 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.

1.4

1.5

- 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 02: APPLY THE POD

2.1

- 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 10 for recommended sites and placement tips.

2.2

- 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.
How to change the Pod

2.3
- Remove the needle cap.

2.4
- Remove and discard the white paper backing from the adhesive.

2.5
- Apply the Pod to the selected site.
- Run your finger around the adhesive to secure it.
- Press Next on the PDM.
- To facilitate insertion, place one hand over the Pod and make a wide pinch around the skin surrounding the viewer window; this step is critical if the insertion site does not have much fatty tissue. Release the skin after the cannula inserts.

3.1
- Press "Start" to insert cannula and begin basal delivery.

3.2
- Pod is active.
- “basal 1” has been programmed.
- Check infusion site and cannula.
- Is cannula properly inserted?

3.3
- Reminder:
- Always check BG after a pod change.
- Check infusion site and ensure cannula is properly inserted.

STEP 03: PRESS START

- 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.

WARNING: The PDM will generate an automatic reminder to check the child’s blood glucose 1.5 hours after each Pod change. If the cannula is not properly inserted, hyperglycemia may result. Verify there is no wetness or scent of insulin, which may indicate the cannula has dislodged.
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.

1. Turn on the PDM.
2. Would you like to increase or decrease your basic basal rate?
3. Enter duration for temp basal increase.
4. Start temp basal increase?
5. The Status screen indicates the temp basal rate and the remaining delivery time.

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

Press Confirm to start the temporary basal rate shown on the screen (In this example, 25% more basal insulin will be delivered for 0.5 hours). The Pod beeps to indicate that the temporary basal rate is running.

The Pod exp 6:28a 2/14

Choose Increase or Decrease basal rate, then press Next.

Enter % change (or temp basal rate), then press Enter (Shown here is an example of a temporary basal increase. In this example, 25% MORE insulin will be delivered).

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

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

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

Press Confirm to start the temporary basal rate shown on the screen (In this example, 25% more basal insulin will be delivered for 0.5 hours). The Pod beeps to indicate that the temporary basal rate is running.

The Pod exp 6:28a 2/14

Choose Increase or Decrease basal rate, then press Next.

Enter % change (or temp basal rate), then press Enter (Shown here is an example of a temporary basal increase. In this example, 25% MORE insulin will be delivered).

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.

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

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

3. Press Confirm.

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

5. 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.
Supplies

You should have the following supplies on hand at all times.

- Several new sealed Pods
- Extra new PDM batteries (at least two AAA alkaline)
- A vial of rapid-acting insulin
- Syringes or pens/needles for injecting insulin
- Instructions from the child’s healthcare provider about how much insulin to inject if delivery from the Pod is interrupted
- Blood glucose test strips
- Ketone test strips
- Lancing device and lancets
- Glucose tablets or another fast-acting source of carbohydrate
- Alcohol prep swabs
- If traveling, a copy of a letter from the child’s healthcare provider for airline security
- Phone numbers for the child’s parents, healthcare provider, and emergency contact
- Glucagon emergency kit and written instructions for giving an injection

“I can feel confident knowing we’re taking better care of my son’s health for the long-term with the OmniPod. And I know he feels better about himself.”

—NANCY, mother of 12-year-old Ryan