

Simple guide to starting

Omnipod DASH[®] Insulin Management System

Notes:

Preparing to start on Omnipod DASH® Insulin Management System

This simple guide will lead you through some of the key tasks that you may perform with the Omnipod DASH System.

Have questions? We're here to help with our 24/7 Customer Care

Customer Care: **1-800-591-3455**

From outside the US: **1-978-600-7850**

omnipod.com

In an emergency you should call your healthcare provider.

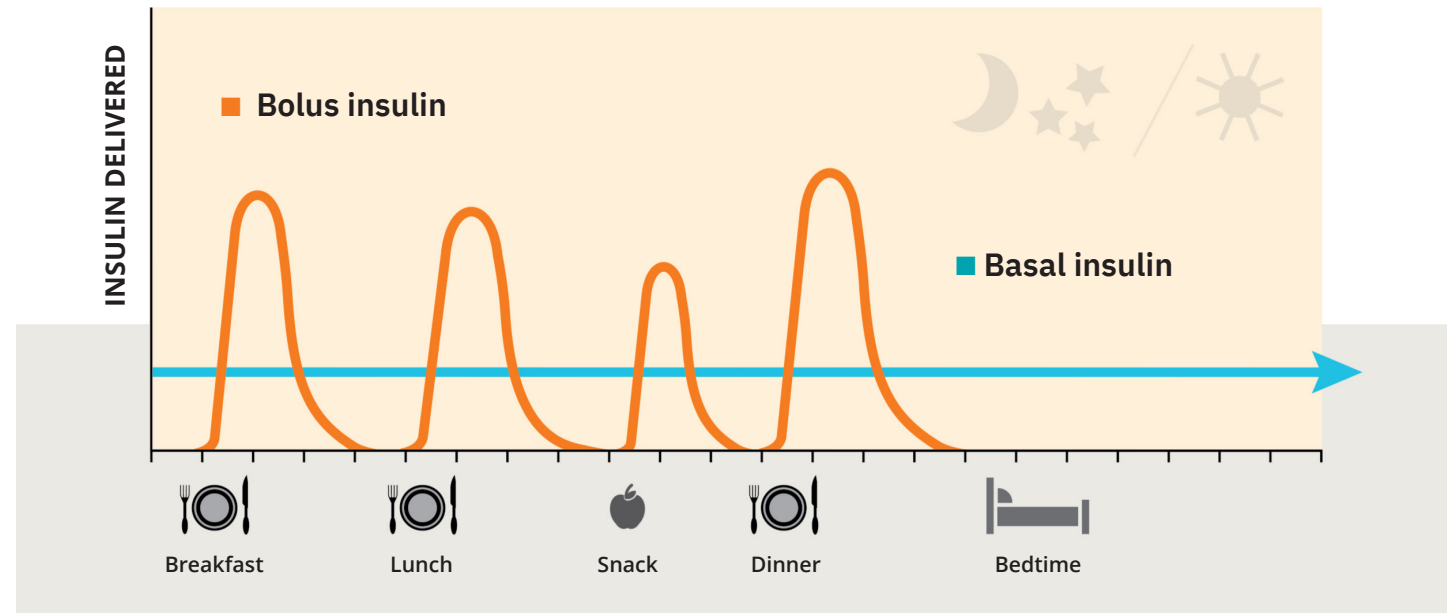
You should also always keep an emergency kit with you to quickly respond to any diabetes emergency.

The emergency kit should include:

- Several new, sealed Omnipod DASH Pods
- A vial of rapid-acting U-100 insulin
- Glucose tablets or another fast-acting source of carbohydrates
- Blood glucose (BG) meter and test strips
- Lancing device and lancets
- Alcohol prep swabs
- Syringes or pens for injecting insulin
- Instructions from your healthcare provider about how much insulin to inject if delivery from the Pod is stopped
- Phone numbers for your healthcare provider in case of emergency
- Ketone testing supplies
- Glucagon kit and written instructions for giving an injection if you are unconscious

How Omnipod DASH® System delivers insulin

Basal and bolus insulin

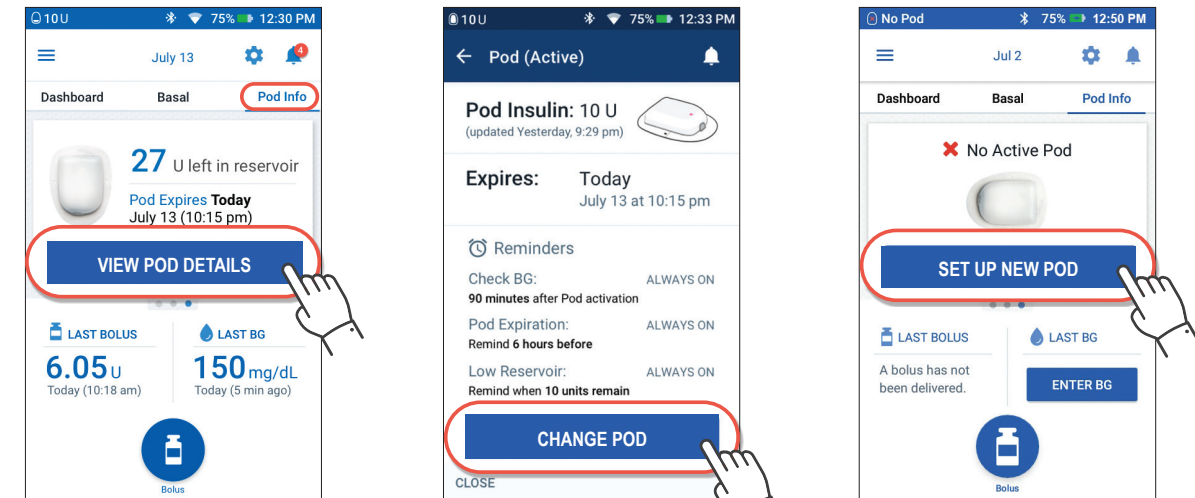


- **Basal insulin** is the insulin that is delivered continuously from your Pod and works in the background. Your healthcare provider can help adjust your basal doses based on your individual needs.
- **Bolus insulin** is the extra insulin needed for meals, snacks, and other times when your blood glucose (BG) is high. When you need insulin for meals, you can use the bolus button in your Omnipod DASH System to give your bolus doses.

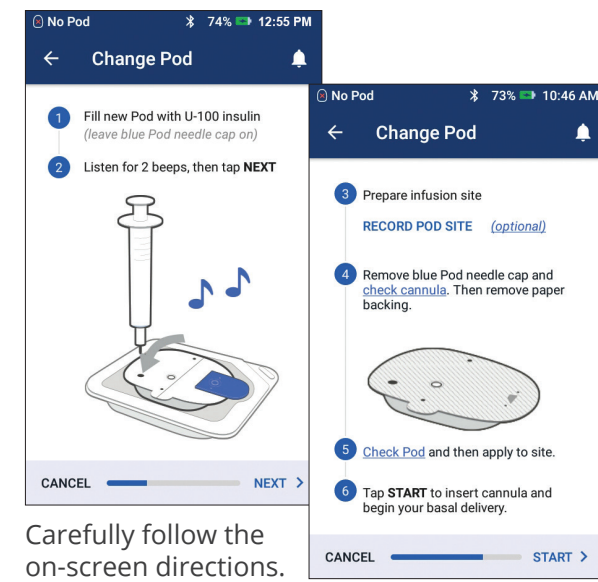
How to change a Pod

When you see this icon, tap that spot on your Omnipod DASH® PDM

How to change a Pod



Tap "Pod Info" on the home screen. Tap "VIEW POD DETAILS".
 Tap "CHANGE POD". Then Tap "DEACTIVATE POD".
 Tap "SET UP NEW POD".




Carefully follow the on-screen directions.

Don't forget!

- Keep the Pod in plastic tray during fill and prime.
- Place the Pod and PDM next to each other and touching during priming.
- A "Check BG" reminder alerts you to check your blood glucose level and infusion site 90 minutes after Pod activation.

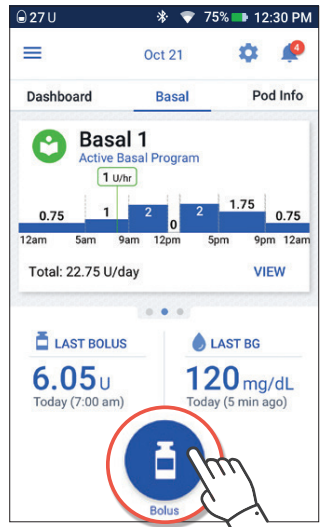
For more detailed instructions, refer to the Omnipod DASH Insulin Management System User Guide.

How to give a bolus using bolus presets

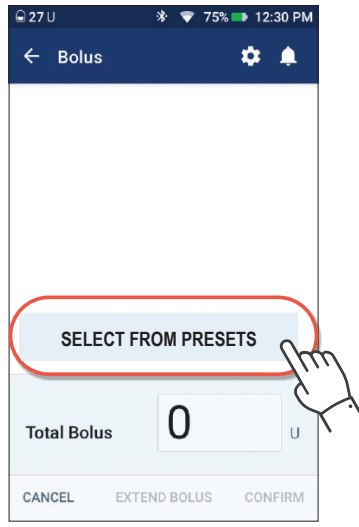
When you see this icon,  tap that spot on your Omnipod DASH® PDM

How to Give a Bolus Using Bolus Presets

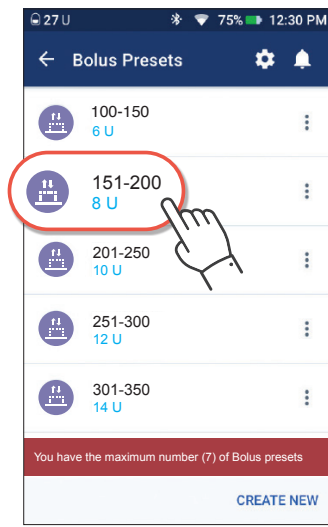
NOTE: Bolus presets can only be used if your bolus calculator is off.



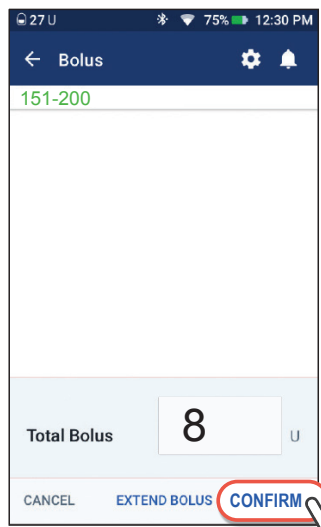
Tap **Bolus** button on the home screen.



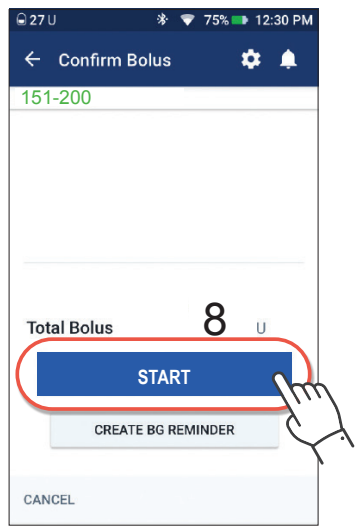
Tap **SELECT FROM PRESETS**.



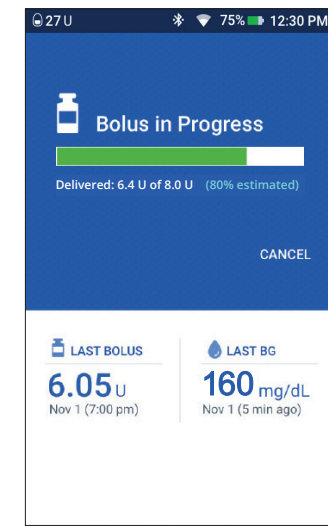
Select from Presets.



Tap **CONFIRM**.



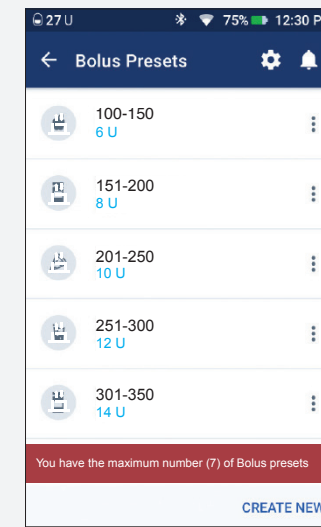
Tap **START**.



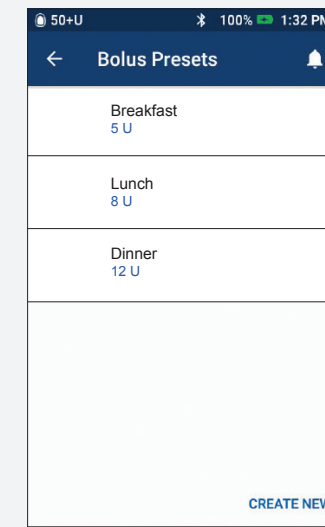
After pressing START, look for the confirmation **Bolus in Progress**.

Tip
Always look for the bolus progress bar after starting bolus delivery.

How to give a bolus using bolus presets (cont'd)



Do you bolus based on your blood glucose (BG)?
You can use presets based on BG ranges as shown.

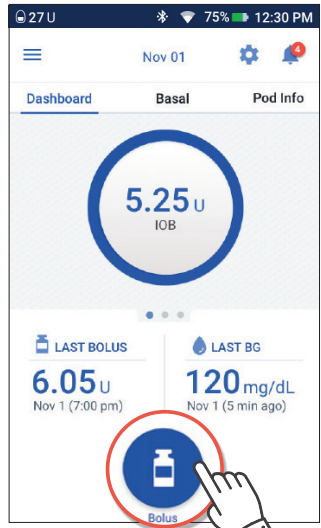


Do you bolus set doses based on meals?
You can use presets based on set doses at mealtime as shown.

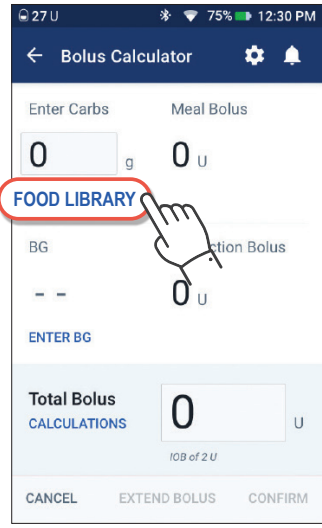
How to give a bolus using My Foods

When you see this icon, tap that spot on your Omnipod DASH® PDM

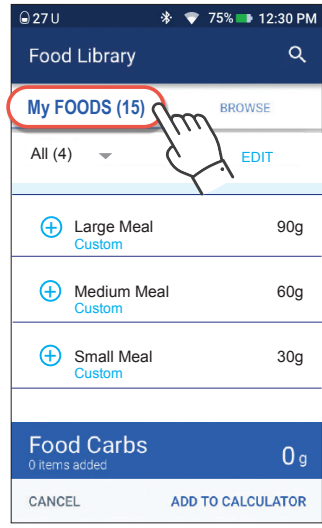
How to give a bolus using “MY FOODS”



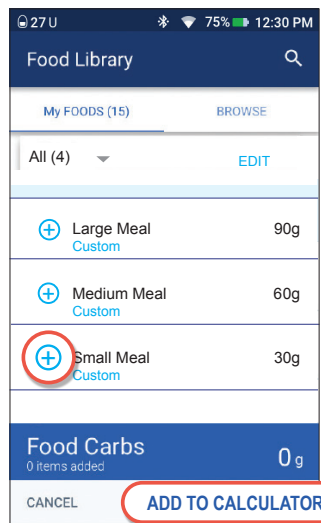
Tap **Bolus** button on the home screen.



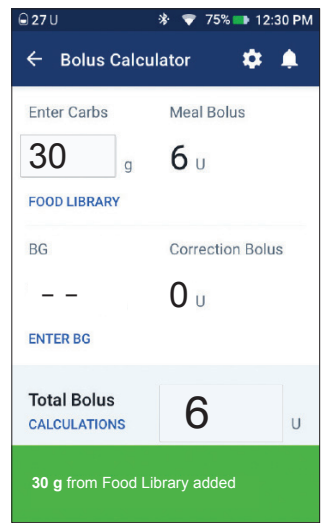
Tap **FOOD LIBRARY**.



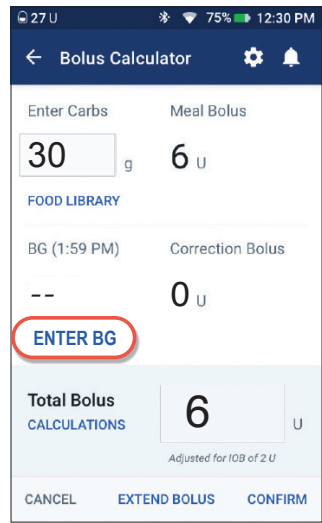
Tap **My FOODS**.



Tap on + symbol for the item you want to use. Tap **ADD TO CALCULATOR**.



A green confirmation banner will show grams added from Food Library.

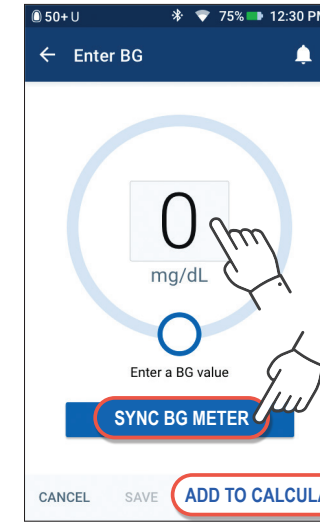


Tap **ENTER BG**.

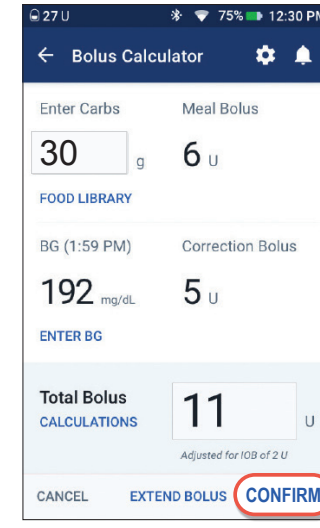
How to give a bolus using My Foods (cont'd)

When you see this icon, tap that spot on your Omnipod DASH® PDM

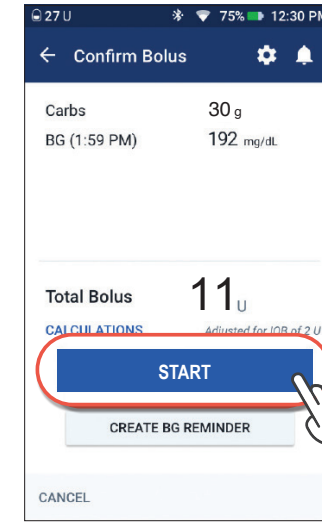
How to give a bolus using “MY FOODS” (cont'd)



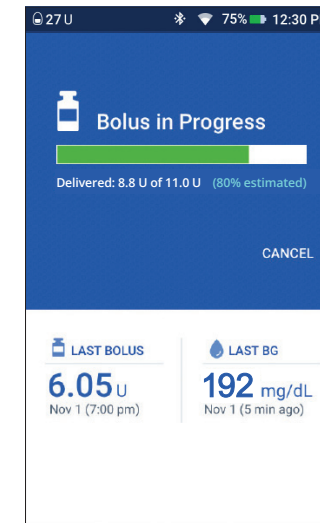
Tap on the BG entry box **OR** Tap on **SYNC BG Meter**. Then Tap on **ADD TO CALCULATOR**.



Tap **CONFIRM** to deliver the bolus.



Tap **START**.



After pressing start, look for the confirmation **Bolus in Progress**.

Tip

Always look for the bolus progress bar after starting bolus delivery.

Low blood glucose (hypoglycemia)

Low blood glucose (BG) is when the amount of sugar in the bloodstream drops to 70 mg/dL or lower. Some signs that you are having a low blood glucose include:



If you have any of these symptoms, check your BG to confirm. If you are low, then follow the 15-15 Rule.

The 15-15 Rule

Eat or drink something that is equal to 15 grams of carbohydrate (carbs). Wait 15 minutes and recheck your blood glucose (BG). If your BG is still low, repeat again.



SOURCES OF 15 GRAMS OF CARBS

- 3-4 glucose tabs or 1 tablespoon of sugar
- ½ cup (4 oz) juice or regular soda (not diet)

Think about why you had a low blood glucose

Food

- Did you eat as much as you planned?
- Did you delay eating after taking your insulin or medication?

Activity

- Were you more active than usual?

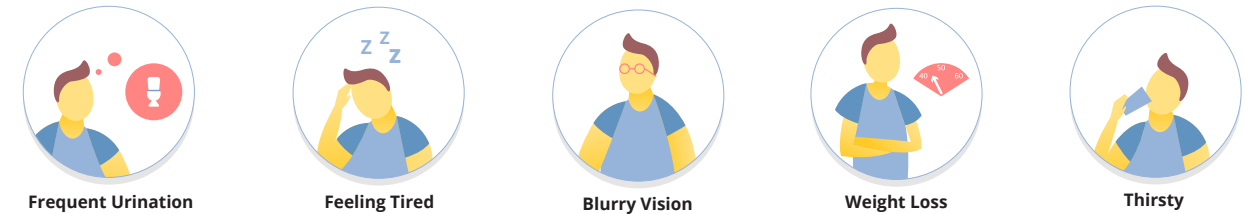
Medication

- Did you take more insulin or medication than usual?



High blood glucose (hyperglycemia)

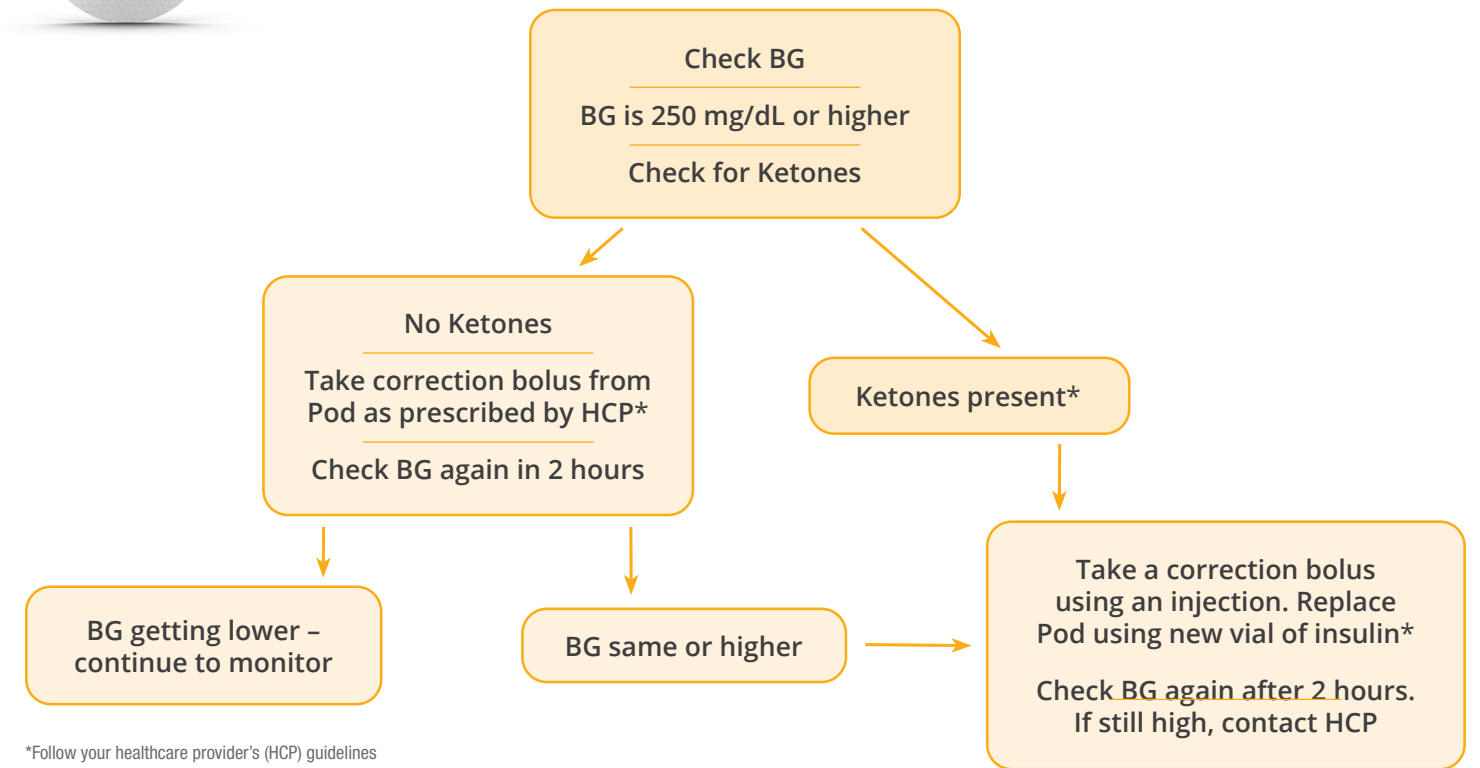
Generally, high blood glucose is when there is too much sugar in your blood. Signs or symptoms that you have a high blood glucose include:



If you have any of these symptoms, check your blood glucose (BG) to confirm.



Tip: If you are in doubt, it is always better to change your Pod.



*Follow your healthcare provider's (HCP) guidelines

Warning: If you need emergency attention, ask a friend or family member to take you to the emergency room or call an ambulance. Do NOT drive yourself.

High blood glucose (hyperglycemia) (cont'd)



Think about why you had a high blood glucose

Food

- Did you increase your portion size?
- Did you correctly calculate how much insulin to take?

Activity

- Were you less active than usual?

Wellness

- Are you feeling stressed or scared?
- Do you have a cold, flu or other illness?
- Are you taking any new medications?

Note

Pods only use rapid-acting insulin so you have no long-acting insulin working in your body. With any interruption in insulin delivery your BG can rise quickly, so it is important to always check your BG frequently when you think your BG is high.

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800-591-3455 | omnipod.com

Medical Disclaimer: This handout is informational only and is not a substitute for medical advice and/or services from a healthcare provider. This 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 healthcare provider who is familiar with your individual needs.

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