

# First Month and Beyond Using Your Omnipod® Quick Glance



Once you have the first month using Omnipod and Omnipod DASH® Insulin Management Systems under your belt, things tend to get a little easier. By now, your initial settings have likely been adjusted to better match your body's needs. You should also feel more confident when using your Omnipod System and have found a few places on your body that the Pod feels most comfortable.

## Rotating sites is important for your continued success!

Site rotation can help with insulin absorption. Continue to try different sites as recommended by your healthcare provider. You may be able to track the sites you have chosen on your PDM. If not, consider noting where you placed your Pod on your calendar.

Common places for Pod placement: arms, lower back and abdomen.



## Filling your Pod

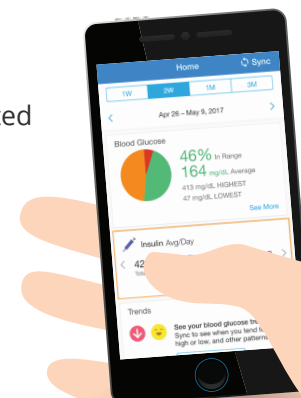
Your PDM history can help you figure out how much insulin you need for each Pod wear. Simply find your daily insulin total and multiply this by the number of days you intend to wear the Pod (3 days max). This can help you decide how much insulin you need to fill the Pod.

*For example, if you use an average of 30 units/day, for 3 days you may want to fill your Pod with at least 100 units (add a little extra... just in case).*

## Checking your blood glucose

Don't ignore the reminder to check a blood glucose (BG) 90 minutes after a Pod change. Checking your BG after a Pod change helps confirm that the cannula was properly inserted and insulin is being delivered. In addition, you may also need to check your BGs<sup>1</sup>:

1. Prior to meals and snacks, and occasionally after meals
2. Bedtime
3. Before, during or after exercise
4. When you suspect low BG
5. After treating low BG (until your BG returns to desired range)
6. Before critical tasks, such as driving



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### Insulet Provided Glooko

Utilizing Insulet Provided Glooko will help you organize all your BG values, insulin doses, and food intake in one place. The Insulet Provided Glooko app is also a handy place to log events, like specific meals, exercise or illness.

When you look at your Glooko reports, you will want to identify patterns or trends you can discuss with your healthcare provider. Did you notice if you are using less insulin, or maybe have fewer low BGs? Are your BGs more or less variable from your target range?

By uploading and looking at your insulin and BG data you may identify areas where the following features could benefit you. Be sure to discuss these features with your healthcare provider.

Did you know you can share your Glooko® data with your healthcare provider?

Ask them if they are using Glooko and have a ProConnect Code.



### Additional Basal Programs

It is typical to start with only one basal program. But insulin needs can vary with different routines or days of the week. For example, regular school or workday routines could vary from weekend routines. If this is the case, additional basal programs may be helpful.



### Temporary Basal Rates

A temporary basal rate lets you adjust your basal rate for a pre-determined period of time. Setting one could be helpful when you are exercising or feeling sick.



### Extended Boluses

This feature lets you deliver some (or none) of your bolus insulin now and the remainder over a period of time you have chosen. Have you noticed when you eat certain foods that your blood sugar remains higher than you expected for a longer time? Consider discussing extended boluses with your healthcare provider.

Notes: \_\_\_\_\_

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Refer to the Omnipod® and Omnipod DASH® Insulin Management System User Guides for complete safety information including indications, contraindications, warnings, cautions and instructions.

#### REFERENCE

1. Bolderman, K. Putting Your Patients on the Pump. 2nd ed. Alexandria, VA: American Diabetes Association; 2013.

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