

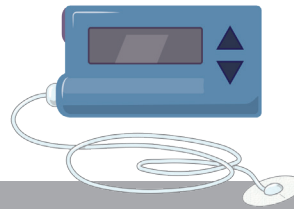
INSULIN & LIFESTYLE 101

Every day is different. Everyone is different. Choosing how to deliver your insulin is a personal choice. Which device fits your life: insulin pen, insulin pump or Pod?



INSULIN DELIVERY DEVICE

LIFESTYLE CONSIDERATIONS



MULTIPLE DAILY INJECTIONS¹

INSULIN PUMP THERAPY^{1,2}

POD THERAPY^{1,2}

What will you need to carry?

- Insulin pen
- Alcohol swabs
- Blood glucose meter
- Test strips
- Lancing device/lancets

- Insulin pump (connected to infusion set by tubing)
- Blood glucose meter
- Test strips
- Lancing device/lancets

- Personal diabetes manager (PDM) (Pod is attached to body directly)
- Blood glucose meter
- Test strips
- Lancing device/lancets

Where to carry it?

Supplies are commonly carried in pockets or in a carry case.

Insulin pump is commonly clipped to a belt or pocket.
Insulin pump is connected to infusion set by tubing.
All other supplies are carried in a separate carry case.

Pod is worn on the body with no attachment to PDM.
Pod will deliver basal insulin regardless of PDM location once programmed.
PDM is commonly carried in a separate carry case with all other supplies.

Considerations

- No bolus calculator
- No ability to adjust basal throughout the day
- No mechanical device to maintain
- No wardrobe considerations
- Nothing to remove for water or intense activity
- 4-6+ injections required per day
- Must plan when/where to inject insulin
- Cost/insurance coverage





- Bolus calculator
- Ability to adjust basal insulin to match your body's needs
- Must manage tubing
- Need to disconnect for certain occasions
- Insulin pump required to be near infusion site
- Possible mechanical issues
- Cost/insurance coverage

- Bolus calculator
- Ability to adjust basal insulin to match your body's needs
- No tubing to manage
- No need to disconnect until site change
- Pod is concealed under clothing
- Possible mechanical issues
- Cost/insurance coverage

INSULIN & LIFESTYLE 101

INSULIN DELIVERY DEVICE

BLOOD GLUCOSE (BG) MANAGEMENT CONSIDERATIONS

	MULTIPLE DAILY INJECTIONS ¹	INSULIN PUMP THERAPY ^{1,2}	POD THERAPY ^{1,2}
ILLNESS  Most common: BGs rise Sometimes BGs go low¹	Basal insulin is hard to adjust for short term illness, but it may be adjusted for extended illness Bolus insulin may be adjusted with more frequent injections	Use the temporary basal feature to temporarily increase or decrease your basal insulin Bolus insulin may be adjusted without extra injections	
STRESS  Most common: BGs rise^{1,2}	Basal insulin is hard to adjust for short term stress, but it can be adjusted for extended stress Bolus insulin may be adjusted with more frequent injections	Use the temporary basal feature to temporarily increase your basal insulin Bolus insulin may be adjusted without extra injections	
ACTIVITY  Most common: BGs go low^{1,2}	Basal insulin is hard to adjust for activity. You may need to snack or adjust your boluses to help prevent low BGs	You may need to disconnect during activity, resulting in disruption in insulin delivery If not disconnected, the temporary basal feature can be used to decrease basal insulin for a given time period	You do not need to disconnect your pod You can use the temporary basal feature to decrease your basal rate while you are active
VARIABLE SCHEDULES  Variable schedules make it a challenge to manage BGs¹	You may need to bolus more often, which will mean more injections You will be unable to track insulin that is still working in your body from a previous bolus	You can bolus more often without extra injections Use advanced bolus features to help with high fat meals and/or extended eating at holidays or parties You can track your active insulin from a previous bolus to help prevent insulin stacking, which can lead to low BG	

Remember to follow your healthcare provider's instructions and check BGs more frequently. The above are guidelines only.

REFERENCES

1. Wolpert, H. *Smart Pumping for people with diabetes*. American Diabetes Association. 2002. 2. Bolderman, K. *Putting your patients on the pump*. 2nd ed. American Diabetes Association. 2013.

MEDICAL DISCLAIMER - HEALTH CARE AND TREATMENT ARE COMPLEX SUBJECTS REQUIRING THE SERVICES OF QUALIFIED HEALTHCARE PROVIDERS. THIS EDUCATIONAL HANDOUT IS INFORMATIONAL ONLY AND NOT INTENDED AS MEDICAL OR HEALTH CARE ADVICE OR RECOMMENDATIONS TO BE USED FOR DIAGNOSIS, TREATMENT OR FOR ANY OTHER INDIVIDUAL NEEDS. THIS EDUCATIONAL HANDOUT IS NOT A SUBSTITUTE FOR MEDICAL OR HEALTH CARE ADVICE, RECOMMENDATIONS AND/OR SERVICES FROM A QUALIFIED HEALTHCARE PROVIDER. THIS EDUCATIONAL 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 QUALIFIED HEALTHCARE PROVIDER WHO IS FAMILIAR WITH YOUR INDIVIDUAL NEEDS.



Insulet Corporation 600 Technology Park Drive, Suite 200 Billerica, MA 01821 USA 800.591.3455/978.600.7850 www.myomnipod.com

© 2018 Insulet Corporation. Omnipod, the Omnipod logo, Pod University and the Pod University logo are trademarks or registered trademarks of Insulet Corporation. All rights reserved. © 2002 by the American Diabetes Association®. Smart pumping for people with diabetes. Reprinted with permission from the American Diabetes Association. © 2013 by the American Diabetes Association®. Putting your patients on the pump. 2nd ed. Reprinted with permission from the American Diabetes Association.

USA-40967-ENG MG AW R1 08/18