

INSULIN REFERENCE GUIDE

Insulin	Onset	Peak effect	Effective Duration	Max Duration	Comments
Rapid Analog Lispro (Humalog)	15 minutes	1-2 hours	2-4 hours	3-5 hours	Take just before meal, or immediately after
Rapid Analog Aspart (Novolog)	15 minutes	1-3 hours	3-5 hours	4-6 hours	Take just before meal or immediately after
Rapid Analog Glulisine (Apidra)	15 minutes	30 minutes to 1 hour	3 hours	3 hours	Take just before meal or immediately after
Short acting Regular (Novolin R, Humulin R)	30 minutes to 1 hour	2-4 hours	3-5 hours	8 hours	Take 30 minute before meal
Intermediate acting: NPH (Novolin N, Humulin N)	2-4 hours	4-10 hours	10-16 hours	14-18 hours	Breakfast and Dinner, or bedtime Need afternoon snack!
Long Acting Glargine (Lantus)	4-6 hours Basal coverage	None	24 hours	24 hours	Do not mix with other insulin
Long Acting Detemir (Levemir)	3-4 hours Basal coverage	Slight at 4 hours	6-24 hours Depending on size of dose	6-24 hours	Do not mix with other insulin, small doses under 10 units last about 6-8 hours
Premixed Analogs Humalog 75/25 Novolog 70/30	15 minutes	1-2 hours	10-16 hours	14-18 hours	Take just before meal, or immediately after 7 units extended rapid and 2.5-3 units rapid per 10 unit dose
Premixed Human Humulin 7/30 NPH and Regular Novolin 70/30 NPH and Regular	30 minutes to 1 hour	2-10 hours	10-16 hours	14-18 hours	Mixture of NPH and regular insulin 7 units NPH, 3 units Regular for 10 unit dose
Regular U-500 5x more concentrated	Used as basal and bolus	Not well studied	Not well studied	12-24 hours	For patients who take more than 200 units a day

Insulin Pens

"Kwikpen"	Humalog, Humalog Mix 75/25, Humalog mix 50/50
"Flexpen"	Levemir, Novolog, Novolog Mix 70/30, Novopen Jr
"Solostar"	Lantus, Apidra
"Original Prefilled Pen"	Humulin N, Humulin 70/30