

## **INSULIN REFERENCE GUIDE**

<b>Insulin</b>	<b>Onset</b>	<b>Peak effect</b>	<b>Effective Duration</b>	<b>Max Duration</b>	<b>Comments</b>
Rapid Analog <b>Lispro</b> (Humalog)	15 minutes	1-2 hours	2-4 hours	3-5 hours	Take just before meal, or immediately after
Rapid Analog <b>Aspart</b> (Novolog)	15 minutes	1-3 hours	3-5 hours	4-6 hours	Take just before meal or immediately after
Rapid Analog <b>Glulisine</b> (Apidra)	15 minutes	30 minutes to 1 hour	3 hours	3 hours	Take just before meal or immediately after
<b>Short acting Regular</b> (Novolin R, Humulin R)	30-45 minutes	2-4 hours	3-5 hours	8 hours	Take 30 minute before meal
Intermediate acting: <b>NPH</b> (Novolin N, Humulin N)	2-4 hours	4-10 hours	10-16 hours	14-18 hours	Breakfast and Dinner, or bedtime May need afternoon snack!
Long Acting <b>Glargine</b> (Lantus)	2 hours Basal coverage	None	24 hours	24 hours	Do not mix with other insulin
Long Acting <b>Detemir</b> (Levemir)	2 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
<b>Premixed Analogs</b> 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
<b>Premixed Human</b> Humulin 7/30 NPH and Regular Novolin 70/30 NPH and Regular	30-45 minutes	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
<b>Regular U-500</b> 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**

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