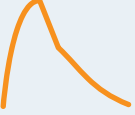






## DIABETES MEDICATIONS: INSULIN

INSULIN TYPE & DURATION OF ACTION	NAMES	ACTION
 <p><i>Rapid-acting insulin</i> Duration is 2-4 hours</p>	Insulin Lispro (Humalog ®), Insulin Aspart (Novolog ®), Insulin Glulisine (Apidra ®)	<ul style="list-style-type: none"> <li>-Starts to work within 5 minutes of injecting</li> <li>-Is most effective about 1 hour after injecting</li> <li>-Lasts approximately 2-4 hours</li> </ul>
 <p><i>Short-acting insulin</i> Duration is 3-6 hours</p>	Insulin Regular (Humulin R®, Novolin R ®)	<ul style="list-style-type: none"> <li>-Starts to work within 30-60 minutes of injecting</li> <li>-Is most effective about 2-3 hours after injecting</li> <li>-Lasts approximately 3-6 hours</li> </ul>
 <p><i>Intermediate-acting insulin</i> Duration is 10-16 hours</p>	NPH Insulin Isophane (Humulin N ®, Novolin N ®)	<ul style="list-style-type: none"> <li>-Starts to work within 2-4 hours of injecting</li> <li>-Is most effective for 4-10 hours after injecting</li> <li>-Lasts approximately 10-16 hours</li> </ul>
 <p><i>Long-acting insulin</i> Duration is 20-24 hours</p>	Insulin Glargine (Lantus ®), Insulin Detemir (Levemir ®)	<ul style="list-style-type: none"> <li>-Starts to work within 2-4 hours of injecting</li> <li>-The “peak” is relatively flat</li> <li>-Should be constantly effective throughout of duration</li> <li>-Lasts approximately 20-24 hours</li> </ul>
 <p><i>Mixed insulin</i> Duration is 10-18 hours</p>	70/30 mixes, 75/25 mixes, 50/50 mixes	<ul style="list-style-type: none"> <li>-A combination of two types of insulin, causing two “peaks” based on the mixture</li> <li>-Starts to work within &lt;15-60 minutes of injection</li> <li>-Lasts approximately 10-18 hours</li> </ul>

-Side effects: Low blood glucose

-Note that some of these insulin types may need to be taken with food. Use as prescribed by your provider.

-Always carry a source of glucose/sugar on you in order to prevent or treat a dangerous low blood glucose reaction.

Ask your diabetes educator or provider how to treat low blood glucose.