

INSULIN ACTION

Knowing when your insulin begins and ends can help you understand changes in glucose. There are two types of insulins.

- Background insulin known as basal which controls glucose from your liver. These three insulins will last a long time.
- There are shorter acting insulins, which help correct high glucose or help you eat a meal.

It is important for you to understand when your insulin works so that you know if the dose is too much or not enough. Knowing when your insulin works can help you avoid changes in your glucose when your activity or meal time changes.

Name	Generic Name	Start	When to take	Working the Hardest	End	Storage
Humalog	lispro	5-15 minutes	Meals or to correct high glucose. Eat within 15 minutes of injection	1-3 hours	4-6 hours	Vial and pen 28 days
Ademelog	lispro	5-15 minutes	Meals or to correct high glucose. Eat within 15 minutes of injection	1-3 hours	4-6 hours	Vial and pen 28 days
Novolog	aspart	5-15 minutes	Meals or to correct high glucose. Eat within 15 minutes of injection	1-3 hours	4-6 hours	Vial and pen 28 days
Fiasp	aspart	2 minutes	Eat within 2 minutes of injection. Can be injected 20 minutes of eating a meal	1-3 hours	3-5 hours	Vial and pen 28 days
Apidra	glulisine	5-15 minutes	Meals or to correct high glucose. Eat within 15 minutes of injection	1-3 hours	4-6 hours	Vial and pen 28 days
Lyumjev	Lispro	1 minute	Eat within 1 minutes of injection. Can be injected 20 minutes of eating a meal	1-3 hours	3-5 hours	Vial and pen 28 days
Humulin R	regular	30-60 minutes	30 minutes before eating	2-4 hours	6-10 hours	Vial 31 days, pen 28 days

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Novolin R	regular	30-60 minutes	30 minutes before eating	2-4 hours	6-10 hours	Vial 42 days, pen 28 days
Humulin N	NPH	2-4 hours	Once or twice daily	6-12 hours	14-18 hours	Vial 31 days, pen 14 days
Novolin N	NPH	2-4 hours	Once or twice daily	6-12 hours	14-18 hours	Vials 42 days
Lantus	glargine	2-3 hours	Once or twice daily	Minimal peaks	18-26 hours	Vial and pen 28 days
Basaglar	glargine	2-3 hours	Once or twice daily	Minimal peaks	18-26 hours	Pen 28 days
Levemir	detemir	2-3 hours	Once or twice daily	Minimal peaks	18-26 hours	Vial and pen 42 days
Toujeo	glargine	>12 hours	Once daily	Minimal peaks	24-36 hours	Pen 28 days
Tresiba	degludec	>12 hours	Once daily	Minimal peaks	40 hours	8 weeks
Name	Generic Name	Start	When to take	Working the hardest	Ends	Storage
Ryzodeg	Aspart and degludec	5-15 minutes	Before breakfast and supper	1 hour	24 hours	Up to 56 days
Humulin 70/30	70% NPH 30% regular	30-60 minutes	Before breakfast and supper	2-4 hours	10-16 hours	Vial 31 days. Pen 10 days
Novolin 70/30	70% NPG 30% regular	30-60 minutes	Before breakfast and supper	2-4 hours	10-16 hours	Vial 42 days, pen 28 days
Humalog 50/50	50% lispro 50% NPH	5-15 minutes	Before breakfast and supper	1-5 hours	10-16 hours	Vial 28 days, pen 10 days
Humalog 75/25	75% protamine 25% lispro	10-15 minutes	Before breakfast and supper	1-3 hours	10-16 hours	Vial 28 days, pen 10 days
Novolog 70/30	70% protamine 30% aspart	10-15 minutes	Before breakfast and supper	1-4 hours	10-16 hours	Vial 28 days, pen 14 days

Insulin/GLP-1 Combinations

Soliqua 100/33 is a combination of U 100 glargine and lixisenatide (GLP1 receptor agonist). Storage for pens 14 days

Zultophy 100/3.6 is a combination of U100 degludec and liraglutide (Glp1 receptor agonist). Storage for pends 21 days

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