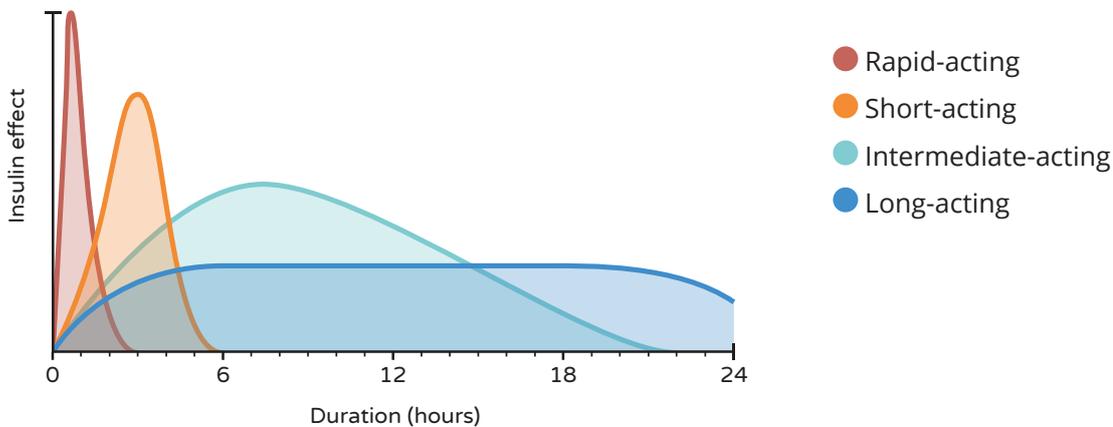


Insulin Types

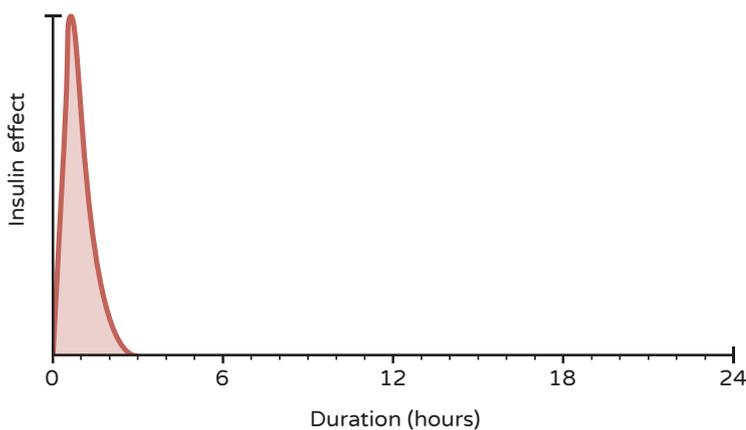


This is a brief guide to the types of insulin and how long each type of insulin lasts over a 24-hour period.

Please note, insulins in each group can vary in their effect and duration of action. Visit the manufactures website for specific information about your insulin.



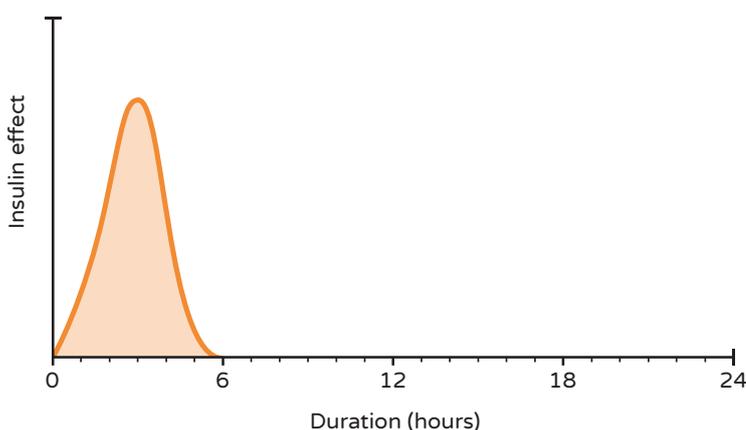
Rapid-acting insulin



The fastest-acting insulin, usually taken immediately before meals or as a correction dose. Starts working in 5–10 minutes and lasts 2–5 hours.

Examples include insulin aspart (*Novorapid®*), insulin lispro (*Humalog®*), insulin glulisine (*Apidra®*), insulin aspart (*Fiasp®*).

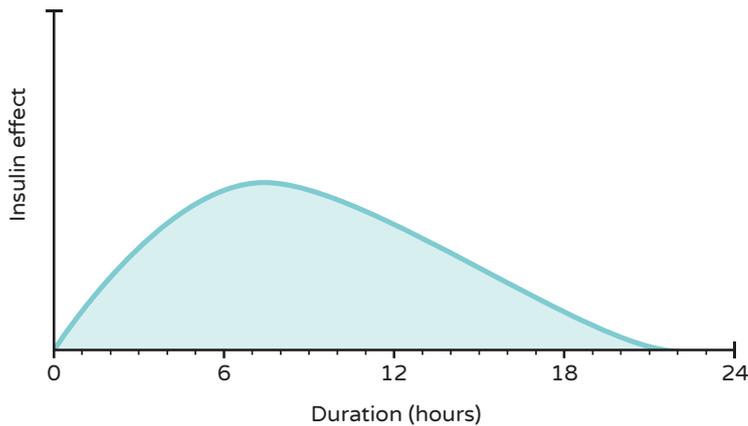
Short-acting insulin



Short-acting insulin is usually taken about 30 minutes before meals or just after eating. Starts working in 30 minutes to 1 hour and lasts up to 8 hours.

Examples include human soluble insulin (*Actrapid®*, *Humulin® S* and *Insuman Rapid®*).

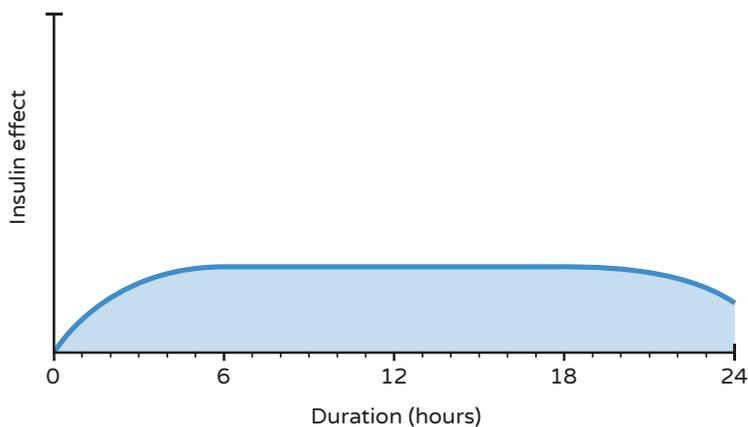
Intermediate-acting insulin



Usually taken once or twice a day. Starts working within 2 hours and lasts 8–14 hours.

Examples include isophane insulin (*Insuman® Basal*, *Insulatard®* and *Humulin® I*)

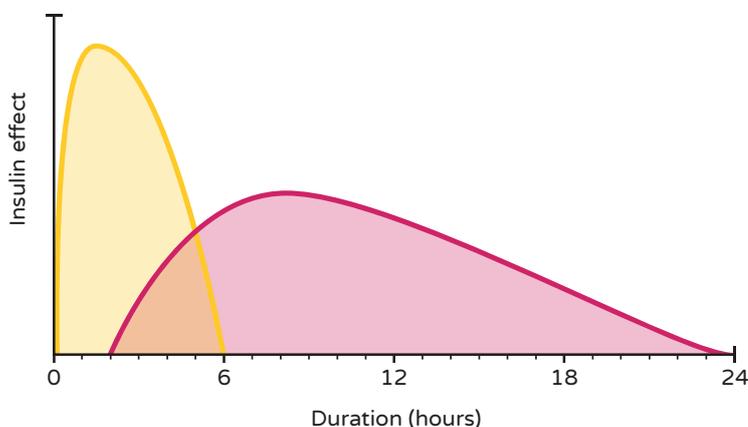
Long-acting insulin



Usually taken once or twice a day. Starts working within 2 hours and lasts up to 18–24 hours.

Examples include insulin detemir (*Levemir®*), insulin glargine (*Abasaglar®*, *Lantus®*, *Toujeo®*) and insulin degludec (*Tresiba®*).

Mixed insulin



These insulins are a mixture of shorter-acting and longer-acting insulins and come in different preparations. Usually taken twice or three times daily, between 15–30 minutes before or just after food. Starts working within 30 minutes (depending on short-acting insulin).

Examples include biphasic insulin aspart (*Novomix® 30*), biphasic insulin lispro (*Humalog® Mix 25*, *Humalog® Mix 50*), soluble and isophane insulin (*Humulin® M3*, *Insuman® Comb 15*, *Insuman® Comb 25*, *Insuman® Comb 50*).