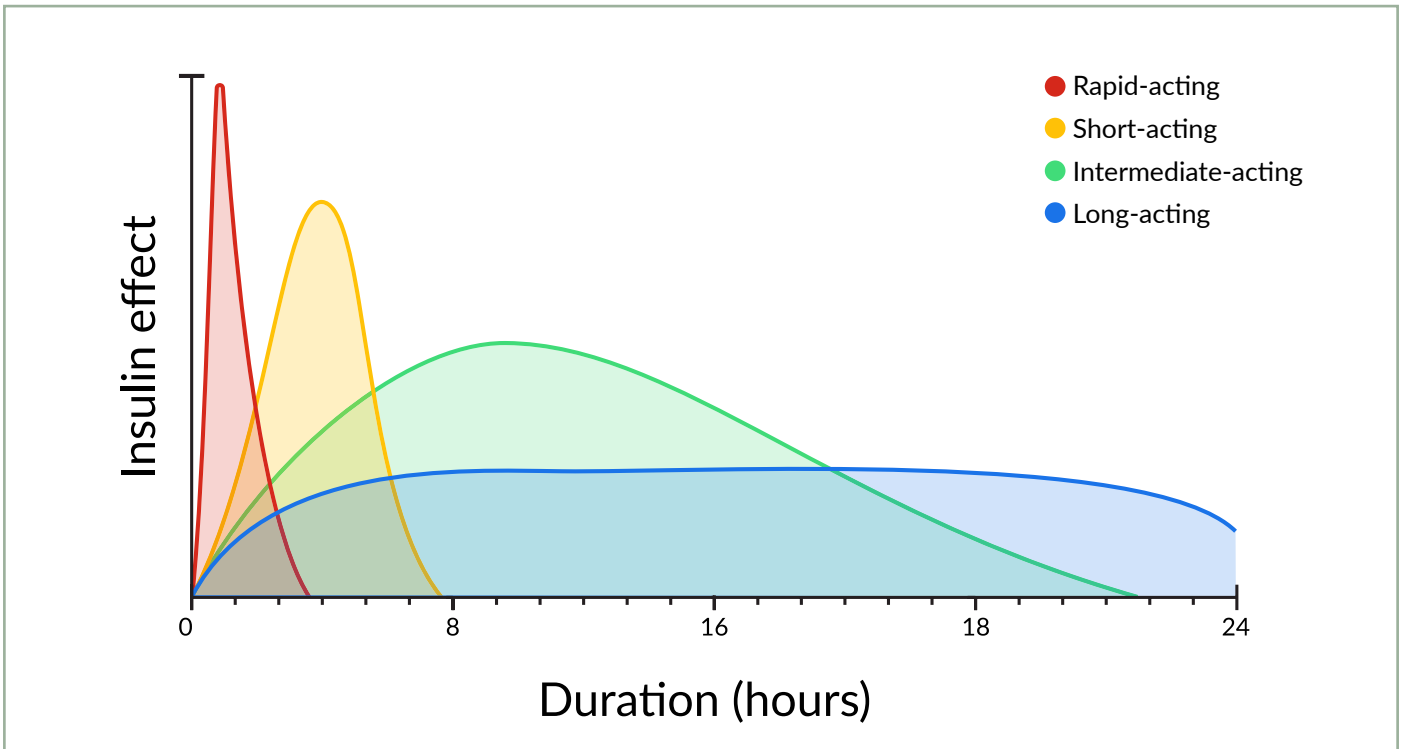


Insulin Types

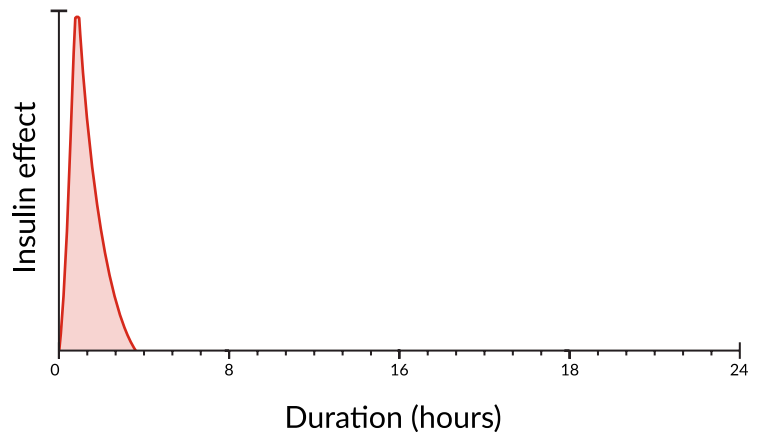
This is a brief guide to the types of insulin and how long each type of insulin lasts over a 24-hour period.



Rapid-acting insulin

Starts working in 5–10 minutes and lasts 2–5 hours. The fastest-acting insulin, usually taken 10–15 minutes before meals or as a correction dose.

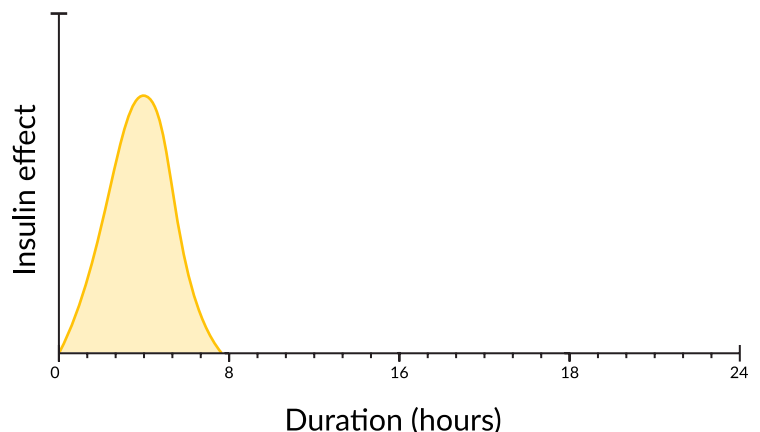
Examples include insulin aspart (Novorapid®), insulin lispro (Humalog®), insulin glulisine (Apidra®), insulin aspart (FiAsp®).



Short-acting insulin

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

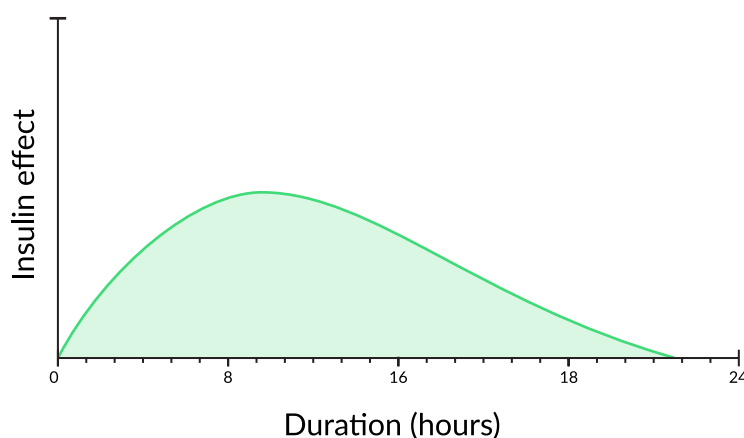
Examples include human soluble insulin (Actrapid®, Humulin® S).



Intermediate-acting insulin

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

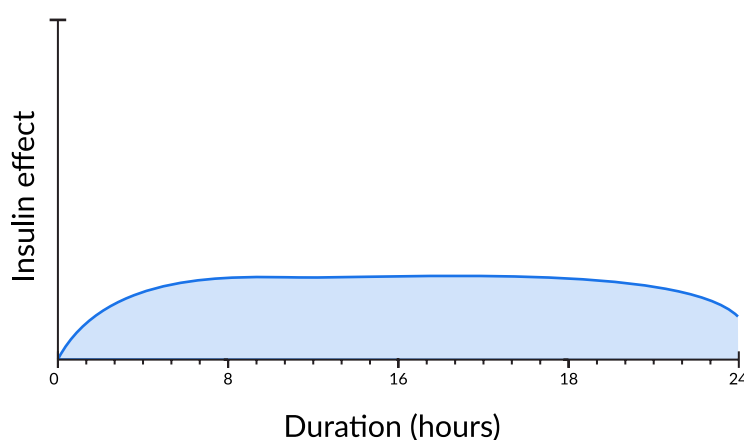
Examples include isophane insulin (Insulatard® and Humulin I®).



Long-acting insulin

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

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



Mixed insulin

Starts working within 30 minutes (depending on short-acting 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.

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

