

# Types of Insulin

Each type of insulin has an onset, a peak, and a duration time.

The **onset** is how soon the insulin starts to lower your blood glucose after you take it.

The **peak** is the time the insulin is working the hardest to lower your blood glucose.

The **duration** is how long the insulin lasts-the length of time it keeps lowering your blood glucose.

The times shown in the chart are estimates. Your onset, peak, and duration times may be different. You'll work with your health care team to come up with an insulin plan that works best for you.

Type of Insulin	Brand Name	Generic Name	Onset	Peak	Duration
Rapid-acting	___ NovoLog	___ Insulin aspart	15 minutes	30 to 90 minutes	3 to 5 hours
	___ Apidra	___ Insulin glulisine	15 minutes	30 to 90 minutes	3 to 5 hours
	___ Humalog	___ Insulin lispro	15 minutes	30 to 90 minutes	3 to 5 hours
Short-acting	___ Humulin R	___ Regular (R)	30 to 60 minutes	2 to 4 hours	5 to 8 hours
	___ Novolin R				
Intermediate-acting	___ Humulin N	___ NPH (N)	1 to 3 hours	8 hours	12 to 16 hours
	___ Novolin N				
Long-acting	___ Levemir	___ Insulin detemir	1 hour	Peakless	20 to 26 hours
	___ Lantus	___ Insulin glargine			
Pre-mixed NPH (intermediate-acting) and regular (short-acting)	___ Humulin 70/30 ___ Novolin 70/30	___ 70% NPH and 30% regular	30 to 60 minutes	Varies	10 to 16 hours
	___ Humulin 50/50	___ 50% NPH and 50% regular	30 to 60 minutes	Varies	10 to 16 hours
Pre-mixed insulin lispro protamine suspension (intermediate-acting) and insulin lispro (rapid-acting)	___ Humalog Mix 75/25	___ 75% insulin lispro protamine and 25% insulin lispro	10 to 15 minutes	Varies	10 to 16 hours
	___ Humalog Mix 50/50	___ 50% insulin lispro protamine and 50% insulin lispro	10 to 15 minutes	Varies	10 to 16 hours
Pre-mixed insulin aspart protamine suspension (intermediate-	___ NovoLog Mix 70/30	___ 70% insulin aspart protamine and 30%	5 to 15 minutes	Varies	10 to 16 hours

acting) and insulin aspart (rapid-acting)		insulin aspart			
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