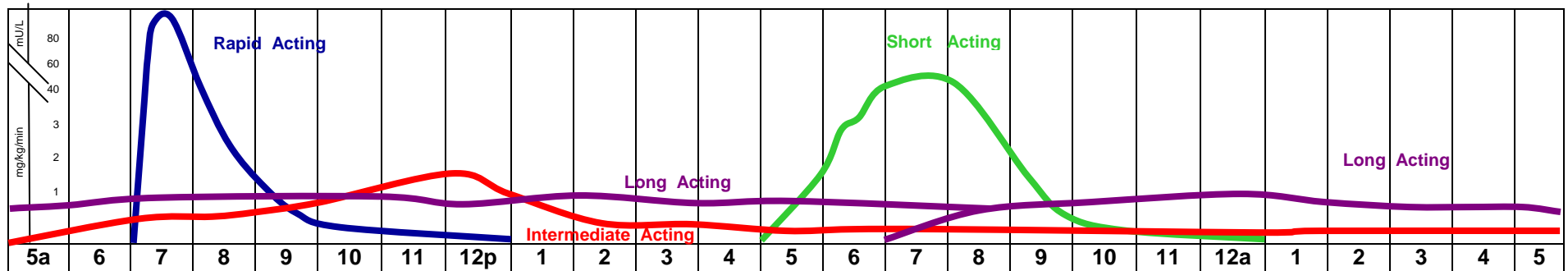


Insulin Types & Actions

Types of insulin are based on their action: Onset: When insulin first starts to lower blood glucose Peak : When insulin works the hardest – <i>Biggest risk for a low</i> Duration: How long they work Onset: Peak : Duration:	Rapid Acting	Short Acting	Intermediate Acting	Long Acting	Long Acting	Mixed dose
	BOLUS INSULIN	BOLUS INSULIN	BASAL INSULIN	BASAL INSULIN	BASAL INSULIN	Humalog mix 75/25 75 NPH / 25 Humalog
	Humalog / Lispro	Humulin Regular	Humulin NPH	Levemir / Detemir	Lantus / Glargine	Novolog mix 70/30 70 Aspart Protamine / 30 Novolog
	Novolog / Aspart	Novolin Regular	Novolin NPH			Humalog mix 50/50 50 Lispro Protamine / 50 Humalog
	Apidra / Glulisine					Humulin mix 70/30 70 NPH / 30 Regular
	Given to cover food or high blood glucose	Given to cover food or high blood glucose	Given once or twice daily (12 hours after first dose)	Given once or twice daily (12 hours after first dose)	Given once daily (At same time everyday)	Novolin mix 70/30 70 NPH / 30 Regular
	Less than 15 – 30 min 30 min – 1 ½-2 hrs 3 – 5 hrs	30 min – 1 hr 2 – 5 hrs 4 – 8 hrs	1 – 2 hrs 4 – 14 hrs 10 – 24 hrs	1 hour Relatively Flat Duration of activity & peak vary with dose.	1 hour No Pronounced Peak Approximately 24 hrs	Varies with mix of insulin



ONSET, PEAK, & DURATION OF YOUR PERSCRIBED INSULIN & WHEN YOU PLAN ON TAKING IT.

5a	6	7	8	9	10	11	12p	1	2	3	4	5	6	7	8	9	10	11	12a	1	2	3	4	5
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REMEMBER: KNOW WHEN YOUR INSULIN PEAKS ⇒ GREATEST RISK OF LOW BLOOD SUGAR

YOUR INSULIN: **Rapid or Short Acting**
 Bolus = coverage for food _____

Intermediate or Long Acting
 Basal = coverage for liver _____