Insulin

Type	Brand Name	Onset	Peak	Duration	Comments
Rapid Acting Insulin Analogues (Clear)	Lispro (Humalog) Aspart (NovoRapid) Glulisine (Apidra)	10 - 15 minutes	1 - 2 hours	3 - 5 hours	The fastest-acting Insulin available May be also be called meal time insulin
Fast Acting Insulin (Clear)	Regular (Humulin R) Novolin ge Toronto	30 minutes - 1 hour	2 - 4 hours	5 - 8 hours	Often taken with meals
	Regular (Hypurin R) *Special Order*	30 minutes - 2 hours	3 - 4 hours	4 - 6 hours	Pork based
Intermediate Acting Insulin (Cloudy)	NPH (Humulin N) (Novolin ge NPH)	1 - 3 hours	5 - 8 hours	Up to18 hours	May be used in combination with other insulins and/ or pills
	NPH (Hypurin NPH) *Special Order*	4 - 6 hours	8 - 14 hours	16 - 20 hours	Pork Based
Extended-Long Acting Insulin Analogues (Clear)	Glargine - Lantus	90 Minutes	no pronounced peak	Constant concentration over 24 hours	Injected once daily Not recommended to mix with other insulins
	Detemir - Levemir	1-2 hours	Maximum concentration reached at 3 - 14 hours	Duration of action up to 24 hours. Larger dose may extend duration	May inject once or twice a day
Premixed Insulin * (Cloudy)	Humulin 30/70 Novolin 30/70 Novolin 40/60 Novolin 50/50	30 minutes - 1 hour	2 - 12 hours	Up to18 hours	The numbers refer to the % of short acting insulin (1st number) and the % of intermediate acting insulin (2nd number)
Premixed Insulin Analogues	Humalog Mix 25 Humalog Mix 50 Novo Mix 30	15-30 minutes	30 min to 8 hours	Up to18 hours	

Important Notice: The time course on any insulin may vary considerably in different people. The time periods indicated above should be considered as general guidelines only. The action times for premixed insulins depend on the ratio of the premix.

The Canadian Diabetes Association 2008 Clinical Practice Guidelines for the Prevention & Management of Diabetes in Canada

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