



### DIABETES MEDICATIONS - INSULIN

Insulin Type	Color	Onset of Action	Peak Effect	Duration of Action	When to Take
Humalog (lispro)	Clear	5-15m	30-90m	2-5h	Just before eating
Apidra (glulisine)	Clear	Less than 15m	30-90m	2-5h	Just before eating
Novolog (aspart)	Clear	5-15m	1-3h	3-5h	Just before eating
Regular	Clear	30m	2-4h	6-8h	30m before eating
NPH	Cloudy	1-2h	6-10h	15-24h	Varies
Lantus (glargine) *	Clear	1-2h	No Peak	24h	Varies
Levemir (detemir)	Clear	1-2h	6-9 h (depends on dose)	Up to 24 (depends on dose)	Varies
70/30 and 50/50 (Mixture of NPH and Regular)	Cloudy	Reg : 30m NPH : 1-2h	Reg : 2-4h NPH : 6-10h	Reg:2-4h NPH: 15-24	30m before eating
75/25 (Mixture of NPL and lispro)	Cloudy	Humalog:15m NPL : 1-2h	Humalog:30-90m NPL: 6-10h	Humalog:2-4h NPL:15-24h	Just before eating
Novolog 70/30 (Mixture of 70% aspart Protamine and 30% aspart)	Cloudy	Novolog :10-20m Novolog P :1-2h	1-4h	15-24h	Just before eating

\* DO NOT MIX WITH OTHER INSULINS IN THE SAME SYRINGE