

# Insulin Reference Sheet

Not a complete reference of all insulins -please refer to CPS for more detailed info.

March 2011. *References: Canadian Pharmacist's Letter; Canadian Diabetes Association 2008 Clinical Practice Guidelines*

## Single entity products

Insulin Type	Brand	Onset of Action	Peak Response	Duration of Action	Administration	Comments
Insulin, Rapid- Acting	<b>Humalog (Lispro)</b>	10-15 minutes	1-2 hours	3.5-4.75 hours	within 15 minutes before or immediately after meals	CLEAR solution- can mix with Humulin N (draw Humalog into syringe first)
	<b>NovoRapid (Aspart)</b>	10-15 minutes	1-1.5 hours	3-5 hours	within 5-10 minutes before or immediately after meals	CLEAR solution- can mix with Novolin ge NPH (draw NovoRapid into syringe first). Administer <i>immediately</i> .
	<b>Apidra (Glulisine)</b>	10-15 minutes	1-1.5 hours	3-5 hours	within 15 minutes before or within 20 minutes after meals.	CLEAR solution- can mix with NPH insulin (draw Apidra into syringe first). Administer <i>immediately</i> .
Insulin, Short-Acting	<b>Humulin R</b>	30 minutes	2-3 hours	6.5 hours	30-45 minutes before meals	CLEAR solution- can mix with Humulin N (draw regular into syringe first).
	<b>Novolin ge Toronto</b>					CLEAR solution- can mix with Novolin ge NPH (draw regular into syringe first).
Insulin, Intermediate Acting	<b>Humulin N</b>	1-3 hours	5-8 hours	Up to 18 hours	INDIVIDUALIZED When mixed with: a rapid acting insulin: 15 minutes before meals a short-acting insulin: 30 minutes before meals	Re-suspend prior to administration by rolling vial between hands.
	<b>Novolin ge NPH</b>					CLOUDY suspension- can mix with rapid acting and short acting insulins. Refer to specific info above.
Insulin, Long acting	<b>Lantus (Glargine)</b>	90 minutes	Not applicable	Up to 24 hours (glargine 24 hours; detemir 16-24 hours)	<b>Usually</b> give once daily at the same time, but may be given twice daily.	CLEAR- do NOT mix with other insulins
	<b>Levemir (Detemir)</b>	90 minutes	Not applicable			

## Mixed Insulins

Insulin Mixtures	Brand	Onset of Action	Peak Response	Duration of Action	Administration	Comments
Rapid-Acting/ Intermediate Acting	<b>Humalog Mix 25 Humalog Mix 50</b>	Faster than Humulin 30/70	0.75-2.5 hours	Effective: 10-14 h Max: up to 18-24 h	INDIVIDUALIZED ADMINISTRATION TIMING. When applicable, give within 15 minutes of a meal.	CLOUDY- Re-suspend prior to administration by rolling vial between hands. Do NOT mix with other insulins
	<b>Novomix 30</b>	10-20 minutes	1-4 hours	Up to 24 hours	INDIVIDUALIZED ADMINISTRATION TIMING. When applicable, give 5-10 minutes before meal.	
Short Acting/ Intermediate Acting	<b>Humulin 30/70</b>	30-60 minutes	2-4 hours	Effective: 10-14 h Max: up to 18-24 h	INDIVIDUALIZED ADMINISTRATION TIMING When applicable, give approximately 30 minutes before meals.	CLOUDY- Re-suspend prior to administration by rolling vial between hands. Do NOT mix with other insulins
	<b>Novolin ge 30/70 Novolin ge 40/60 Novolin ge 50/50</b>	30 minutes	2-8 hours	Max: up to 24 hours		