


INSULIN REVIEW FOR NURSES

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OVERVIEW

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TYPES OF INSULIN

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RAPID ACTING

- ONSET
 - 15 minutes
- PEAK
 - 30-90 minutes

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- Duration
 - 3-5 hours
- Novolog, Humalog
- 'log' ---- rapid acting

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SHORT ACTING

- Humulin, Novolin (R)
- ONSET
 - 30-60 minutes

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- **PEAK**
 - 4-6 hours
- **Duration**
 - 5-8 hours
- **Regular insulin**


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INTERMEDIATE ACTING

- Humulin N, Novolin N
- **ONSET**
 - 1-3 hours

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- **PEAK**
 - 8 hours
- **DURATION**
 - 12-16 hours

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LONG ACTING

- Lantus, Levemir


- **ONSET**
 - 1 hour

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- **PEAK**
 - Non specific, slowly released

- **DURATION**
 - 20-26 hours

- Ideal for patients with steady glucose levels


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PREMIXED

- Combination of rapid acting and long acting insulin

- **ONSET**
 - 15 minutes

- **DURATION**
 - 10- 16 hours

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References:

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- National Diabetes Information Clearinghouse
http://diabetes.niddk.nih.gov/dm/pubs/medicines_ez/insert_C.htm
- Types of Insulin for Diabetes Treatment by WebMD
<http://diabetes.webmd.com/diabetes-types-insulin>

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