

Insulin	Onset of Action	Duration of Action	Peak	Appearance/Compatability	Pt. Instructions
Very Rapid-Acting					
Humalog (insulin lispro)	10-30 mins	3-5 hours	0.5-2.5 hour	Clear / May be mixed with NPH*	Administer 15 min prior or within 20 min of meals
Novolog (insulin aspart)	10-30 mins	3-5 hours	1-3 hours	Clear / May be mixed with NPH*	Administer 15 min prior or within 20 min of meals
Apidra (insulin glulisine)	10-30 mins	3-5 hours	1.6-2.8 hours	Clear / May be mixed with NPH*	Administer 15 min prior or within 20 min of meals
Rapid-Acting					
Humulin R (regular insulin)	30-60 min	6-8 hours	2.5-5 hours	Clear / May be mixed with NPH*	Administer 30 - 60 min before a meal
Novolin R (regular insulin)	30-60 mins	6-8 hours	2.5-5 hours	Clear / May be mixed with NPH*	Administer 30 - 60 min before a meal
Intermediate-Acting					
Humulin N (NPH insulin)	1-2 hours	18-24 hours	4-12 hours	Cloudy / May be mixed with regular*	
Novolin N (NPH insulin)	1-2 hours	18-24 hours	4-12 hours	Cloudy / May be mixed with regular*	
Long-Acting					
Levemir (insulin detemir)	3-4 hours	6-24 hours (dose-dep.)	3-9 hours	Clear / Do not mix with other insulin	Administer once daily or twice daily (12 hrs apart)
Lantus (insulin glargine)	3-4 hours	24 hours	no peak	Clear / Do not mix with other insulin	Administer once daily at the same time
Combinations					
Humalog Mix 50/50 and 75/25 (insulin lispro protamine/insulin lispro)	10-30 mins	18-24 hours	0.8-4.8 hours (50/50) 1-6.5 hours (72/25)	Cloudy / Do not mix with other insulin	Administer twice a day immediately before meals
Novolog Mix 70/30 (insulin aspart protamine/insulin aspart)	10-30 mins	18-24 hours	1-4 hours	Cloudy / Do not mix with other insulin	Administer twice a day 30-60 min before meals
Humulin 50/50 and 70/30 (NPH insulin/regular insulin)	10-30 mins	18-24 hours	2-12 hours	Cloudy / Do not mix with other insulin	Administer twice a day 30-60 min before meals
Novolin 70/30 (NPH insulin/regular insulin)	10-30 mins	18-24 hours	2-12 hours	Cloudy / Do not mix with other insulin	Administer twice a day 30-60 min before meals

**Rapid acting insulin should always be drawn first when mixing. Pts who present on combination insulins are switched to separte insulins for titration when pregnant.*

Please prescribe one-month supply of each insulin

Each vial of insulin (10 mLs) = 1000 units
 EG: Add total daily units of NPH x 30 days = # units/month
 If a patient requires 70 units/day x 30 days = 2100 units

Insulin syringes: 8 mm (5/16") and 6 mm (15/64")
 needle lengths are commonly used, 30 or 31 gauge

1 mL = 100 units (each barrel mark = 2 units)
 0.5 mL = 50 units (each barrel mark = 1 unit)
 0.3 mL = 30 units (each barrel mark = 1 unit)