

Insulin PocketCard™



Action		Insulin Name	Onset	Peak	Effective Duration	Considerations
Bolus	Rapid Acting Analogs	Aspart (Novolog)	5 - 15 min	30 - 90 min	< 5 hrs	Bolus insulin lowers after-meal glucose. Post meal BG reflects efficacy.
		Lispro (Humalog)*				
		Glulisine (Apidra)				
	Short Acting	Regular*	30 - 60 min	2 - 3 hrs	5 - 8 hrs	Basal insulin controls BG between meals and nighttime. Fasting BG reflects efficacy.
Basal	Intermediate	NPH	2 - 4 hrs	4 - 10 hrs	10 - 16 hrs	
		Long Acting	Detemir (Levemir)	3 - 8 hrs	No peak	6 - 24 hrs
	Glargine (Lantus)* Glargine (Basaglar)		2 - 4 hrs		20 - 24 hrs	Side effects: hypoglycemia, weight gain.
	Degludec (Tresiba)*		~ 1 hr		< 42 hrs	
Basal + Bolus	Intermediate + short	Combo of NPH + Reg 70/30 = 70% NPH + 30% Reg 50/50 = 50% NPH + 50% Reg	30 - 60 min	Dual peaks	10 - 16 hrs	Typical dosing range: 0.5-1.0 units/kg body wt/day. Discard open vials after 28 days. For pen storage guidelines, see package insert.
		Intermediate + rapid	Novolog® Mix - 70/30 Humalog® Mix - 75/25 or 50/50			
			Ryzodeg Mix 70/30 (degludec/aspart)			

* Concentrated insulins available - see next page for details.

Insulin action times vary. Time periods listed here are general guidelines only; please consult prescribing information for details. REV 10/2016 © 2016

Concentrated & Inhaled Insulins

Name/Concentration	Insulin/Action	Considerations
Humulin Regular U-500 <ul style="list-style-type: none">500 units insulin/mLKwikPen or Vial	Regular Bolus / Basal	5 xs concentration of u-100 insulin. Indicated for pts taking 200+ units insulin daily. 3 mL Pen – Once opened, good for 28 days. 20 mL Vial – Once opened, good for 40 days. Use designated U-500 insulin syringe.
Humalog KwikPen U-200 200 units insulin/mL	Lispro (Humalog) Bolus	2 xs concentration of u-100 insulin. 3 mL Pen. Once opened, good for 28 days
Toujeo Solostar U-300 Pen 300 units insulin/mL	Glargine (Lantus) Basal	3 xs concentration of u-100 insulin 1.5 mL Pen. Once opened, good for 42 days
Tresiba FlexTouch U-200 Pen 200 units insulin/mL	Degludec (Tresiba) Ultra basal	2 xs concentration of u-100 insulin 3 mL Pen. Once opened, good for 8 weeks

All concentrated insulin pens and the U-500 syringe automatically deliver correct dose (in less volume). No, conversion, calculation or adjustments required. For example, if order reads 30 units, dial the concentrated pen to 30 units or draw up 30 units on the U-500 syringe. Important – never withdraw concentrated insulin from the pen using a syringe.

Inhaled Insulin

Action	Insulin Name	Dose Range	Onset	Peak	Duration	Considerations
Bolus – Rapid-acting	Afrezza Inhaled regular human insulin	4, 8, and 12 unit cartridges before meals	15 min	1 hr	3 hrs	Assess lung function. Avoid in lung disease — bronchospasm risk. Side effects: hypo, cough, throat irritation.