

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	Side effects: hypoglycemia, weight gain. 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.
	Long Acting	Detemir (Levemir)	3 - 8 hrs	No peak	6 - 24 hrs	
		Glargine (Lantus)* Glargine (Basaglar)	2 - 4 hrs		20 - 24 hrs	
		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	
	Intermediate + rapid	Novolog® Mix - 70/30 Humalog® Mix - 75/25 or 50/50	5 - 15 min			
		Ryzodeg Mix 70/30 (degludec/aspart)			24 hrs	

* 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.

Concentrated Insulins

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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.
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

***U- 500 dosing for vial.** 1 unit of u-500 = 5 units of u-100. There is no u-500 syringe.

To administer, use either a u-100 syringe or TB syringe (volume based).

If using u-100 insulin syringe, to avoid dosing errors, write prescribed dose in actual insulin units AND as unit markings on the u-100 syringe. **Example** – Actual insulin dose 50units (10 units on u-100 insulin syringe).

If using TB syringe, to avoid dosing errors, write prescribed dose in actual insulin units AND as a volume. **Example** – Actual insulin dose 50units (0.1 mL on TB syringe)

All concentrated insulin pens automatically deliver correct dose (in less volume). No, conversion, calculation or adjustments required. For example, if order reads 10 units, dial the concentrated pen to 10 units.

Important – never withdraw concentrated insulin from the pen using a syringe.

The information listed here are not guidelines. Please consult prescribing information for details.