

Insulin PocketCard™



15
years

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	Intermediate	NPH	2 - 4 hrs	4 - 10 hrs	10 - 16 hrs		Basal insulin controls BG between meals and nighttime. Fasting BG reflects efficacy.
	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		Up to 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	Side effects: hypoglycemia, weight gain. Typical dosing range: 0.5-1.0 units/kg body wt/day. Discard opened insulin vials after 28 days.	
	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 versions of these insulins are available.

Insulin action times can vary with each injection, time periods listed here are general guidelines only; please consult prescribing information for details.

REV 1/2016 ©2016

Inhaled Insulin

A Diabetes PocketCard™
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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 mins	1 hr	3 hrs	Assess lung function before starting. Avoid in chronic lung disease — acute bronchospasm risk . Side effects: hypoglycemia, cough, throat irritation.

Injectables That Lower Glucose

Class/Main Action	Name	Dose Range	Considerations
GLP-1 Agonist “Incretin Mimetic” <ul style="list-style-type: none"> Increases insulin release with food Slows gastric emptying Promotes satiety Suppresses glucagon Lowers A1c 0.5 – 1.6% Wt loss of ~ 3lbs	exenatide (Byetta)	5 or 10 mcg BID (renally excreted)	Side effects for all: Nausea, vomiting, weight loss, injection site reaction. Report signs of acute pancreatitis (severe abdominal pain, vomiting), stop med. Black box: Thyroid C-cell tumor warning for liraglutide, exenatide XR, albiglutide, and dulaglutide (avoid if family history of medullary thyroid cancer, notify MD of hoarseness, throat lump).
	exenatide XR (Bydureon)	2mg 1x a week (renally excreted)	
	liraglutide (Victoza)	0.6 - 1.8 mg daily	
	albiglutide (Tanzeum)	30 and 50 mg 1x a week pen injector	
	dulaglutide (Trulicity)	0.75 and 1.5 mg 1x a week pen injector	
Amylin Mimetic <ul style="list-style-type: none"> Slows gastric emptying Suppresses glucagon Promotes satiety Lowers A1c 0.5 – 1%	pramlintide (Symlin)	Type 1: 15 - 60 mcg; Type 2: 60 - 120 mcg immediately before major meals	For Type 1 or 2 on insulin. Black box warning: severe hypoglycemic risk 3 hrs post injection. Prevent hypoglycemia, decrease insulin dose when starting pramlintide. Side effects: nausea, weight loss.

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