

Action		Insulin Name	Onset	Peak	Effective Duration	Considerations
Bolus	Very Rapid Acting Analogs	Aspart (Fiasp)	2.5 min	1-3 hours	3-5 hours	Bolus insulin lowers after-meal glucose. Post meal BG reflects efficacy. Basal insulin controls BG between meals and nighttime. Fasting BG reflects efficacy. Side effects: hypoglycemia, weight gain. Typical dosing range: 0.5-1.0 units/kg body wt/day. Discard most open vials after 28 days. For pen storage guidelines, see package insert.
		Lispro-aabc (Lyumjev)	1 min	1-3 hours	4-5 hours	
	Rapid Acting Analogs	Aspart (Novolog)	5 - 15 min	30 - 90 min	< 5 hrs	
		Lispro (Humalog*/ Admelog)				
		Glulisine (Apidra)				
Short Acting	Regular*	30 - 60 min	2 - 4 hrs	5 - 8 hrs		
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*/Basaglar/Semglee/Rezvoglar)	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		24 hrs	

**Concentrated insulins available - see Concentrated Insulin Card for details. Insulin action times vary; time periods are general guidelines only. All PocketCard content is for educational purposes only. Please consult prescribing information for detailed guidelines.*

Concentrated & Inhaled Insulins

Name/Concentration	Insulin/Action	Considerations
Humulin Regular U-500 <ul style="list-style-type: none"> 500 units insulin/mL KwikPen or Vial 	Regular Bolus / Basal	Indicated for those taking 200+ units daily. 3 mL pen holds 1,500 units. Max dose 300 units. Once opened, good for 28 days. 20 mL vial holds 10,000 units. Max dose 250 units using U-500 syringe. Once opened, good for 40 days.
Humalog KwikPen U-200 200 units insulin/mL.	Lispro (Humalog) Bolus	3 mL pen holds 600 units. Max dose 60 units. Once opened good for 28 days.
Lyumjev KwikPen U-200 200 units insulin/mL.	Lispro (Lyumjev) Bolus	3 mL pen holds 600 units. Max dose 60 units. Once opened good for 28 days.
Toujeo Solostar U-300 Pen 300 units insulin/mL.	Glargine (Lantus) Basal	1.5 mL pen holds 450 units. Max dose 80 units. 3 mL Max Solostar pen holds 900 units. Max dose 160 units. Once opened good for 56 days.
Tresiba FlexTouch U-200 Pen 200 units insulin/mL.	Degludec (Tresiba) Ultra basal	3 mL pen holds 600 units. Max dose 160 units. Once opened good for 56 days.

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 Insulins

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	~ 12 min	35 - 45 mins	1.5 - 3 hrs	Assess lung function. Avoid in lung disease — bronchospasm risk. Side effects: hypo, cough, throat irritation.