

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	<p>Bolus insulin lowers after-meal glucose. Efficacy reflected in post-meal BG.</p> <p>Basal insulin controls BG between meals and HS. Efficacy reflected in fasting BG.</p> <p>Side effects: hypoglycemia, weight gain.</p> <p>Typical dosing range: 0.5–1.0 units/kg body wt/day. Discard opened insulin vials after 28 days.</p>
		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	
	Long Acting	Detemir (Levemir)	3 - 8 hrs	No peak	6 - 24 hrs	
		Glargine (Lantus)	2 - 4 hrs	No peak	20 - 24 hrs	
Bolus + Basal	Intermediate + rapid	Novolog® Mix 70/30 70/30 = 70% NPA + 30% aspart	5 - 15 min	Dual peaks	10 - 16 hrs	
		Humalog® Mix 75/25 = 75% NPL + 25% lispro 50/50 = 50% NPL + 50% lispro				
	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	

Adapted from American Association of Clinical Endocrinologists Guidelines 2007. Because insulin action times can vary with each injection, time periods listed here are general guidelines only; please consult prescribing information for details.

Inhaled Insulin

Action	Insulin Name	Dose Range	Onset	Peak	Duration	Considerations
Bolus – Rapid-acting	Afrezza Inhaled regular human insulin	4 and 8 unit cartridges before meals	15 mins	1 hr	3 hrs	Assess lung function before starting. Avoid in chronic lung disease—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 - 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.
	exenatide (XR) extended release (Bydureon)	2mg 1x a week (renally excreted)	
	liraglutide (Victoza)	0.6 mg daily for 1 wk 1.2 mg daily for 1 wk then 1.8 mg daily (max dose)	Black box: liraglutide, exenatide XR, and albiglutide: Thyroid C-cell tumor warning (avoid if family history of medullary thyroid cancer, notify MD of hoarseness, throat lump).
	albiglutide (Tanzeum)	30 - 50 mg 1x a week pen injector	
Amylin Mimetic <ul style="list-style-type: none"> Slows gastric emptying Suppresses glucagon Promotes satiety Lowens 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. Prevent hypoglycemia, decrease insulin dose when starting pramlintide. Black box warning: severe hypoglycemic risk 3 hrs post injection. Side effects: nausea, wt loss.