

Effective						
Action	Insulin Name		Onset	Peak	Duration	Considerations
Bolus	Very Rapid Acting Analogs	Aspart (Fiasp)	16 - 20 min	1 - 3 hrs	5 - 7 hrs	Bolus insulin lowers after-meal glucose. Post meal BG reflects efficacy.
		Lispro-aabc (Lyumjev)	15 - 17 min	2 - 3 hrs	5 - 7 hrs	
	Rapid Acting Analogs	Aspart (Novolog / Merilog/ Kirsty)	20 - 30 min	1 - 3 hrs	3 - 7 hrs	Basal insulin controls BG between meals and nighttime. Fasting BG reflects efficacy.
		Lispro (Humalog* / Admelog)	30 min	2 - 3 hrs	5 - 7 hrs	
		Glulisine (Apidra)	15 - 30 min	1 - 3 hrs	3 - 4 hrs	
	Short Acting	Regular*	30 - 60 min	2 - 4 hrs	5 - 8 hrs	
Basal	Intermediate	NPH	2 - 4 hrs	4 - 10 hrs	10 - 16 hrs	Side effects: hypoglycemia, weight gain.
	Long Acting	Glargine (Lantus* / Basaglar/ Semglee/ Rezvoglar/ Langlara)	2 - 4 hrs	No Peak	20 - 24 hrs	
		Degludec (Tresiba)*	~ 1 hr		~ 42 hrs	Typical insulin dosing range: 0.5-1.0 units/kg body wt/day.
	Ultra Long	Icodec (Awiqli) 1x Week U-700	16 - 18 hrs	2 - 4 days	≥ 7 days	
		Efsitora (Onswik) 1x Week U-500, U-1000	~	2.5 - 5 days	≥ 7 days	
Basal + Bolus	Intermediate + Short	70/30 = 70% NPH + 30% Reg	30 - 60 min	Dual peaks	10 - 16 hrs	For detailed info on Insulin Storage & Dispensing, see Free Cheat Sheet at DiabetesEd.net
	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.

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Concentrated & Inhaled Insulins

Name/Concentration	Insulin/Action	Considerations
Humulin Regular U-500 500 units insulin/mL - KwikPen	Regular Bolus / Basal	Indicated for those taking 200+ units of total daily insulin. 3 mL pen holds 1,500 units. Max dose 300 units. Once opened, good for 28 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)	3 mL pen holds 600 units. Max dose 160 units. Once opened good for 56 days.
All concentrated insulin pens automatically deliver correct dose (in less volume). No conversion, calculation or adjustments required. 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 if lung disease, bronchospasm or smoking. Side effects: hypoglycemia, throat irritation, cough. †Approved for pediatrics 6+ years.

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

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