



Insulin Therapy



What type of insulin is right for you?

Insulin

Rapid Acting Insulin

Lispro (Humalog)

15-30 minutes

30-90 minutes

3-5 hours

Regular

30-60 minutes

2-4 hours

6-8 hours

Aspartate (Novolog)

5 minutes

15 minutes

3-4 hours

Intermediate Acting Insulin

NPH (Isophane)

1-2 hours

6-12 hours

18-24 hours

Lente (Zinc)

1-3 hours

6-12 hours

18-26 hours

Humulin N

1-2.5 hours

6-12 hours

18-24 hours

Novolin L

1-2.5 hours

6-12 hours

18-24 hours

Long Acting Insulin

Ultralente

4-6 hours

10-16 hours

24-48 hours

PZI

3-8 hours

14-24 hours

24-40 hours

(Protamine Zinc Insulin)

Extra Long Acting Insulin

Glargine (Lantus)

4-6 hours

6-24 hours

Over 24 hours

