

# Carbs & Cals INSULIN ACTION PROFILES

**\*\* Please consult your Diabetes Team before using the info below\*\***

TYPE	INSULIN	ONSET	PEAK	DURATION
<b>Quick Acting Analogue Insulin</b>	Novorapid (Aspart) Humalog (Lispro) Apidra (Glulisine)	0 - 15 minutes	50 - 90 minutes	2 - 5 hours Average: 4 hours
<b>Quick Acting Soluble Insulin</b>	Actrapid Humulin S Hypurin Porcine Neutral	30 minutes	2 - 4 hours	Up to 8 hours
<b>Long-Acting (Background) Insulin</b>	<b>A. Isophane Insulin</b> Insulatard Humulin I Monotard Hypurin Porcine Isophane	2 hours post injection	4 - 6 hours	8 - 14 hours Usually taken twice a day, first thing in the morning and before bed
	<b>B. Long-Acting Analogue Insulin</b> Glargine (Lantus)	1 - 2 hours post injection	Peak-Less	Up to 24 hours As time goes by, action wears off
	<b>B. Long-Acting Analogue Insulin</b> Detemir (Levemir)	1 - 2 hours post injection	4 - 6 hours	Up to 24 hours Up to 12 hours if dose is split (first thing in the morning and before bed)
<b>Pre-Mixed Insulin</b>	Humulin M3	30 - 60 minutes	2 - 12 hours	Up to 24 hours
<b>Pre-Mixed Analogue Insulin</b>	Humalog Mix NovoMix	15 minutes	1 - 3 hours	Up to 24 hours