

# Insulin Chart

This chart contains information about different types of insulins. However, it is important to remember that the type and timing of insulin is different for each person.

Insulin Name	Onset	Peak Effect	Duration
<b>Rapid-Acting Insulins</b>			
Lispro Humalog <sup>®</sup>	5-15 minutes	30-75 minutes	2-3 hours
Aspart Novolog <sup>®</sup>	10-20 minutes	1-3 hours	3-5 hours
<b>Short-Acting Insulin</b>			
Regular (R)	30 minutes	2-5 hours	5-8 hours
<b>Intermediate-Acting Insulin</b>			
NPH (N)	1-3 hours	6-12 hours	16-24 hours
Lente (L)	1-3 hours	6-12 hours	16-24 hours
<b>Long-Acting Insulin</b>			
Ultralente (U)	3-5 hours	8-14 hours	18 hours
<b>Very Long-Acting Insulin</b>			
Glargine Lantus <sup>®</sup> *	1 hour	Evenly for 24 hours	24-28 hours
<b>Premixed Insulins</b>			
NPH and Regular insulin mixed together in one of the following combinations. 70/30 or 50/50	30-60 minutes	2-12 hours	up to 18 hours

\*Lantus should not be mixed together in a syringe with any other form of insulin before use.

*This handout contains general information on diabetes medication. It is not intended to replace medical advice. It is important to talk to your doctor or pharmacist about your dosage and any other questions that you may have.*



Illinois Extension provides equal opportunity in program and employment. Trina Sprengelmeyer, BS and Karen Chapman-Novakofski RD, LD, PhD, 2004.