

Insulin in the Body

Why do people take different insulins at different times? That's because mealtime and background insulins behave differently, in terms of how soon they kick in, when they peak, and how long they last. Remember, too, that insulin's effects vary from person to person and depending on dosage.

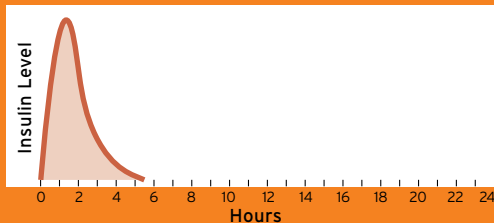
MEALTIME INSULINS

Lispro (Humalog), aspart (NovoLog), glulisine (Apidra)

ONSET: 15 min.

PEAK: 40 min. to 2 hours

DURATION: 3 to 5.5 hours

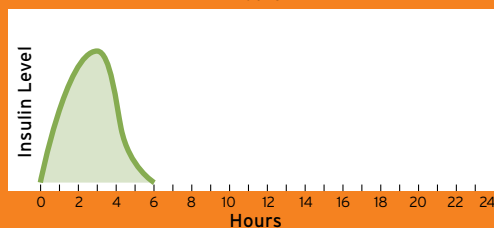


Regular (Humulin R, Novolin R)

ONSET: 30 to 60 min.

PEAK: 2 to 5 hours

DURATION: 3 to 6 hours



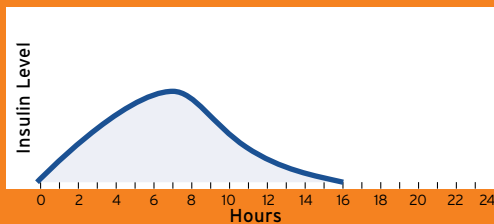
BACKGROUND INSULINS

NPH (Humulin N, Novolin N)

ONSET: 2 to 4 hours

PEAK: 4 to 10 hours

DURATION: 10 to 16 hours

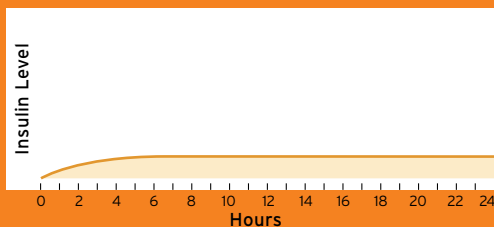


Glargine (Lantus), detemir (Levemir)

ONSET: 2 hours

PEAK: Relatively flat

DURATION: Up to 24 hours



Source: *Medical Management of Type 1 Diabetes*, Fifth Ed.