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DIABETES GUIDE

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TYPE 1 DIABETES TREATMENTS

Types of Insulin for Diabetes Treatment



Many forms of **insulin** treat **diabetes**.

They're grouped by how fast they start to work and how long their effects last.

The **types of insulin** include:

- Rapid-acting
- Short-acting
- Intermediate-acting
- Long-acting
- Pre-mixed

What Type of Insulin Is Best for My Diabetes?

Your doctor will work with you to

prescribe the type of insulin that's best

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ARTICLES ON TYPE 1 DIABETES TREATMENTS

► Types of Insulin

[Insulin Questions for Your Doctor](#)

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Giving Yourself an Insulin Shot

choice will depend on many things, including:

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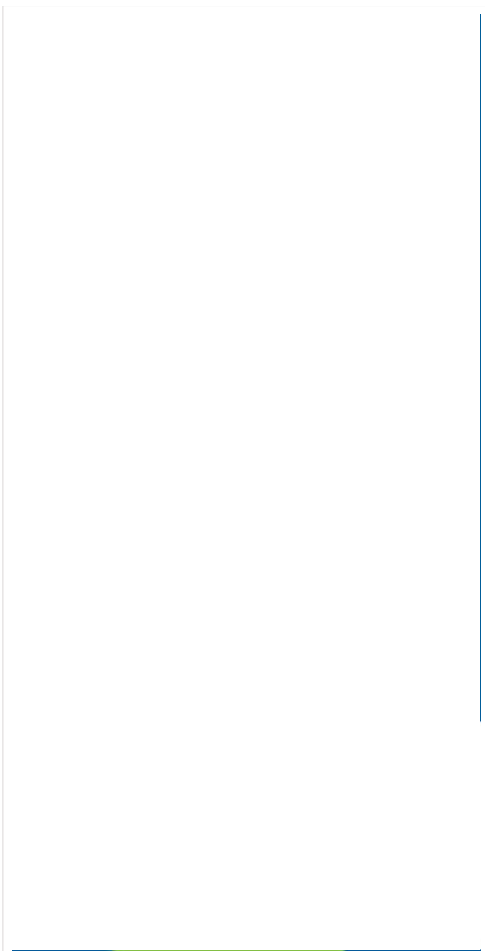
New To Type 2 Diabetes?

Get our free newsletter, created to guide you through your first few weeks.

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- How you respond to insulin. (How long it takes the body to absorb it and how long it remains active varies from person to person.)
- Lifestyle choices. The type of food you eat, how much alcohol you drink, or how much [exercise](#) you get will all affect how your body uses insulin.
- Your willingness to give yourself multiple injections per day
- How often you [check your blood sugar](#)
- Your age
- Your goals for managing your [blood sugar](#)

[Afrezza](#), a rapid-acting [inhaled insulin](#), is FDA-approved for use before meals for both type 1 and [type 2 diabetes](#). The drug [works in your blood in about 15-20](#)



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[Timing Your Meals and Insulin Doses Properly Can Help Keep Your Blood Sugar Steady](#)

acting insulin in people with [type 1 diabetes](#).

The chart below lists the types of injectable insulin with details about **onset** (the length of time before insulin reaches the bloodstream and begins to lower [blood sugar](#)), **peak** (the time period when it best lowers blood sugar) and **duration** (how long insulin continues to work). These three things may vary. The final column offers some insight into the "coverage" provided by the different insulin types in relation to mealtime.

Type of Insulin & Brand Names	Onset	Peak	Duration	Role in Blood Sugar Management
Rapid-Acting				
Lispro (Humalog)	15-30 min.	30-90 min	3-5 hours	Rapid-acting insulin covers insulin needs for meals eaten at the same time as the injection. This type of insulin is often used with longer-acting insulin.
Aspart (Novolog)	10-20 min.	40-50 min.	3-5 hours	
Glulisine (Apidra)	20-30 min.	30-90 min.	1-2 1/2 hours	
Short-Acting				
Regular (R) or novolin	30 min. -1 hour	2-5 hours	5-8 hours	Short-acting insulin covers insulin needs for meals eaten within 30-60 minutes.
Velosulin (for use in the insulin pump)	30 min.-1 hour	1-2 hours	2-3 hours	
Intermediate-Acting				
NPH (N)	1-2 hours	4-12 hours	18-24 hours	Intermediate-acting insulin covers insulin needs for about half the day or overnight. This type of insulin is often combined with a rapid- or short-acting type.

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(Basaglar, Lantus, Toujeo)	hours	Insulin is delivered at a steady level.		insulin needs for about one full day. This type is often combined, when needed, with rapid- or short-acting insulin.
Insulin detemir (Levemir)	1-2 hours	6-8 hours	Up to 24 hours	
Insulin degludec (Tresiba)	30-90 min.	No peak time	42 hours	

Pre-Mixed*

Humulin 70/30	30 min.	2-4 hours	14-24 hours	These products are generally taken two or three times a day before mealtime.
Novolin 70/30	30 min.	2-12 hours	Up to 24 hours	
Novolog 70/30	10-20 min.	1-4 hours	Up to 24 hours	
Humulin 50/50	30 min.	2-5 hours	18-24 hours	
Humalog mix 75/25	15 min.	30 min.-2 1/2 hours	16-20 hours	

*Premixed insulins combine specific amounts of intermediate-acting and short-acting insulin in one bottle or insulin pen. (The numbers following the brand name indicate the percentage of each type of insulin.)

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