

# Types of Insulin



Insulin is a type of hormone. It helps the body use blood sugar (glucose) for fuel. With diabetes, your body may not make enough insulin. Then you may need insulin injections. If you have type 2 diabetes, your cells may have trouble using insulin. There are many types of insulin that can be prescribed for your treatment. Your healthcare provider will work with you to find the types that are best for you. Most insulin is made in a lab. It's called human insulin because it starts out just like the insulin that's made in the body. Some types of insulin work fast but don't last as long while other types work slowly and last longer.

The different types of insulin work in the following ways:

## 1. Rapid-acting insulin:

- Begins working about 15 minutes after taken
- Peaks about 1 to 2 hours after taken
- Keeps working for 2 to 4 hours

Name of insulin: \_\_\_\_\_

## 2. Short-acting or regular insulin:

- Begins working about 30 minutes after taken
- Peaks within 2 to 3 hours after taken
- Keeps working for 3 to 6 hours

Name of insulin: \_\_\_\_\_

## 3. Intermediate-acting insulin:

- Begins working about 2 to 4 hours after taken
- Peaks 4 to 12 hours after taken
- Keeps working for 12 to 18 hours

Name of insulin: \_\_\_\_\_

## 4. Long-acting insulin:

- Begins working several hours after injection
- No peak
- Continuous, even action for about 24 hours

Name of insulin: \_\_\_\_\_

## 5. Ultra long-acting insulin:

- Begins working around 6 hours after injection
- No peak
- Lasts about 36 hours or longer

Name of insulin: \_\_\_\_\_

6. Premixed combinations of intermediate-acting and short-acting insulin:

- Begins working about 30 to 60 minutes after taken
- Strongest action is variable
- Keeps working for 10 to 16 hours

Name of insulin: \_\_\_\_\_

7. Premixed combinations of intermediate-acting and rapid-acting insulin:

- Begins working about 5 to 15 minutes after taken
- Strongest action is variable
- Keeps working for 10 to 16 hours

Name of insulin: \_\_\_\_\_

8. Inhaled insulin:\*

- Begins working about 12 to 15 minutes after taken
- Strongest action is about 30 minutes after being inhaled
- Keeps working for 180 minutes

\*Inhaled insulin must be used with injectable long-acting insulin in:

- People with type 1 diabetes
- People with type 2 diabetes who use long-acting insulin

Name of insulin: \_\_\_\_\_

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