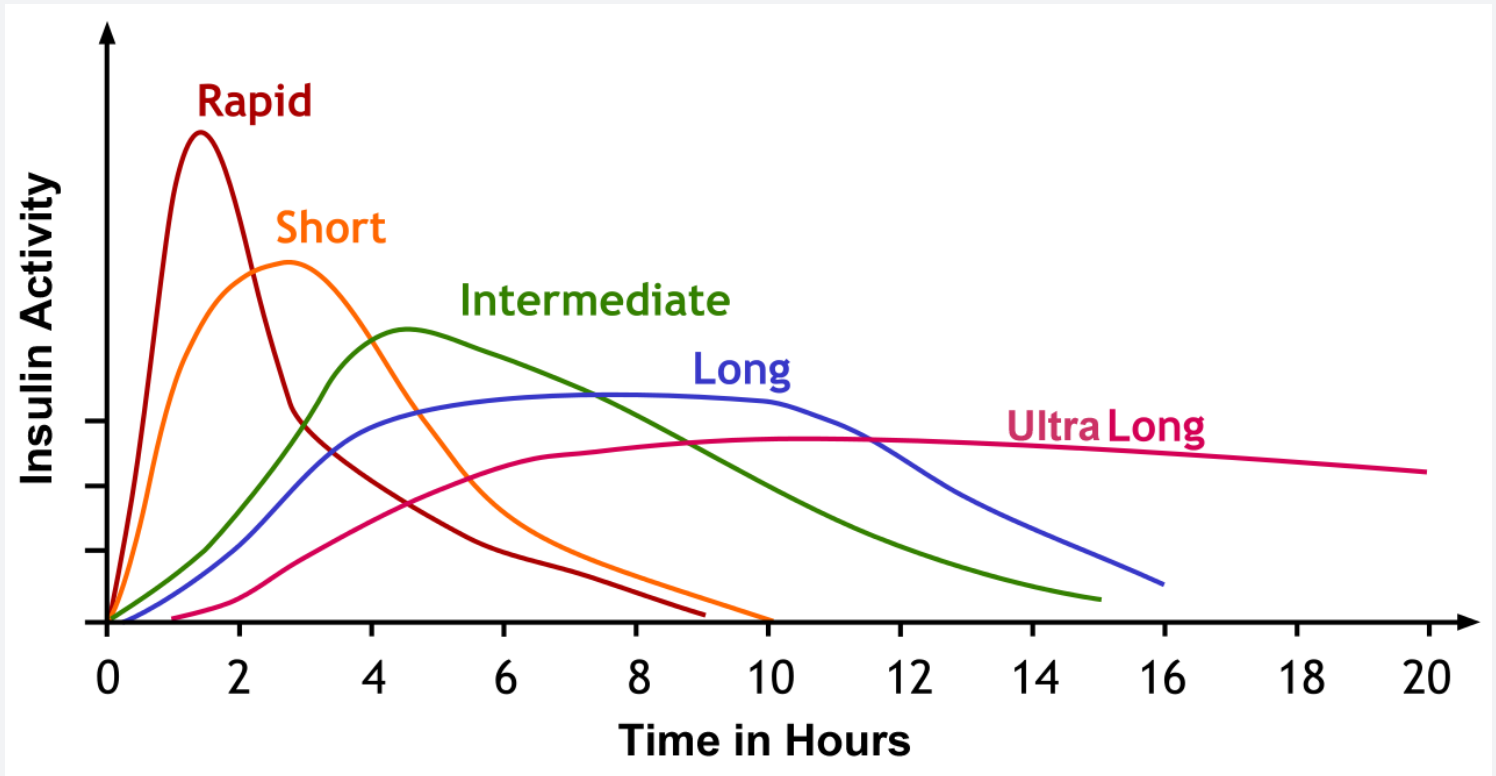


# INSULIN TYPES

Speed of Onset	Onset Action	Peak Action	Duration Action	Examples
Rapid Acting	10-15 mins	1-2 hours	4 Hours	<ul style="list-style-type: none"><li>Humalog</li><li>Novorapid</li></ul>
Short Acting	20-30 mins	2-2.5 hours	4-6 Hours	<ul style="list-style-type: none"><li>Actrapid</li><li>Humulin S</li></ul>
Intermediate Acting	90-120 mins	4-12 hours	16-24 Hours	<ul style="list-style-type: none"><li>Insulatard</li><li>Humulin I</li></ul>
Longer Acting	30-60 mins	6-8 hours	24 Hours	<ul style="list-style-type: none"><li>Lantus</li><li>Levemir</li></ul>
Ultra-long Acting	30-90 mins	No peak	42 Hours	<ul style="list-style-type: none"><li>Tresiba (Degludec)</li></ul>
Mixed	10-30 mins	2-4 hours	18-20 Hours	<ul style="list-style-type: none"><li>Humalog Mix</li><li>Novomix 30</li><li>Humulin M3</li></ul>



# COMMON INSULIN REGIMENS

Once Daily	<b>Daytime Hyperglycaemia:</b> <ul style="list-style-type: none"><li>Intermediate acting Insulin</li></ul> <b>24 Hour Hyperglycaemia:</b> <ul style="list-style-type: none"><li>Long acting Insulin</li></ul>
Twice Daily 'Biphasic'	<b>Strict Routine / Diet:</b> <ul style="list-style-type: none"><li>Mixed Insulin</li><li>Short &amp; Intermediate Insulin</li></ul>
Basal Bolus	<b>Flexible Routine / Diet:</b> <ul style="list-style-type: none"><li>Short acting Insulin</li><li>Long actig Insulin</li></ul>

