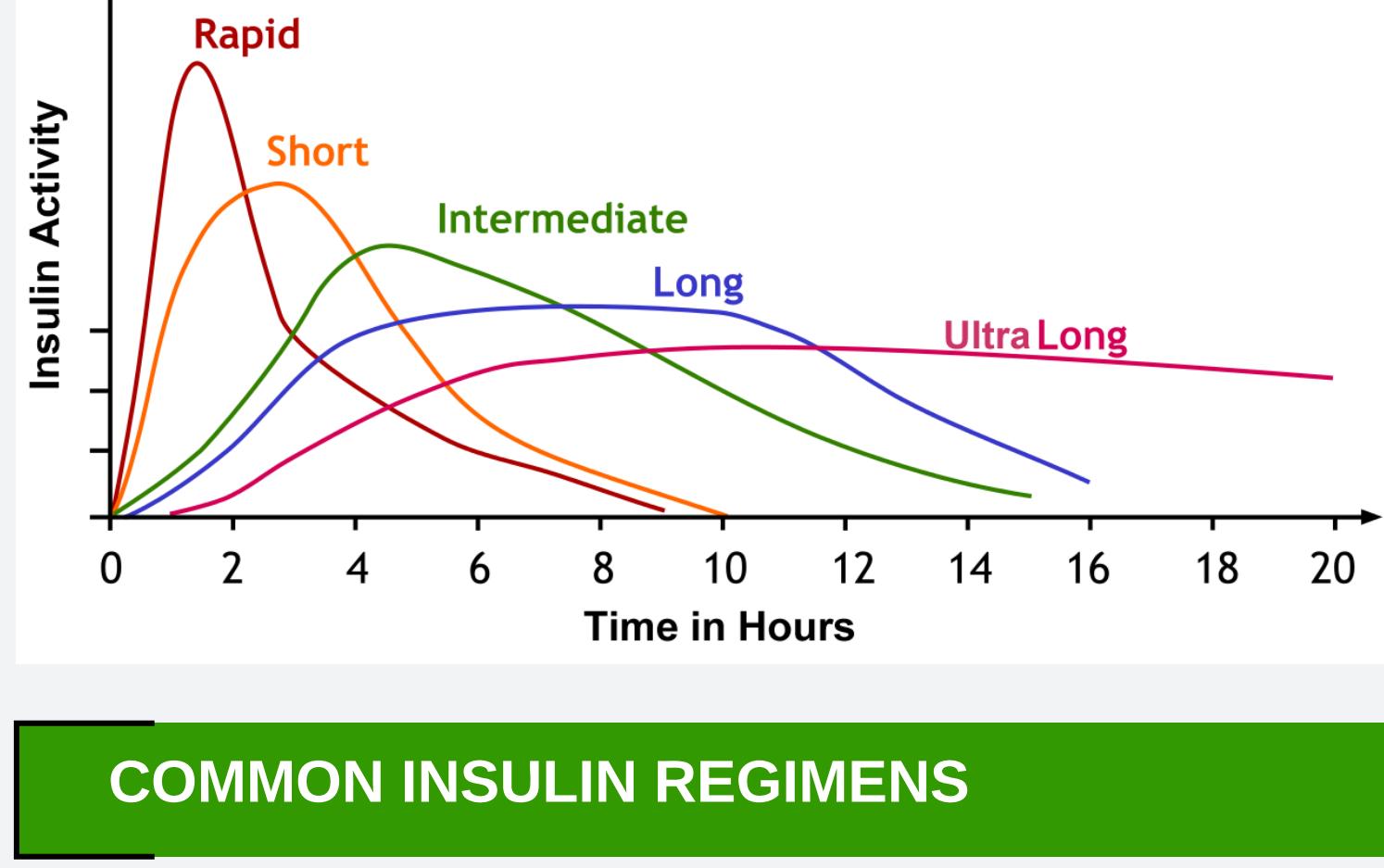


# INSULIN TYPES

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

Daytime Hyperglycaemia:

- Intermediate acting Insulin

24 Hour Hyperglycaemia:

- Long acting Insulin

## Twice Daily 'Biphasic'

Strict Routine / Diet:

- Mixed Insulin
- Short & Intermediate Insulin

## Basal Bolus

Flexible Routine / Diet:

- Short acting Insulin
- Long acting Insulin

