

## Types of Insulin and Other Injectables

Type	Brand Name	Generic Name	When to Use/ How It Works	Side Effects
<b>Rapid Acting Insulin</b>	Apidra® Humalog® NovoLog®	insulin glulisine insulin lispro insulin aspart	Given before you eat; Starts working within 5-15 minutes	Low blood sugar; weight gain
<b>Short Acting Insulin</b>	N/A	Regular	Given before you eat; Starts working within ½ to 1 hour	Low blood sugar; weight gain
<b>Intermediate Acting Insulin</b>	N/A	NPH	Given in morning or evening; Lasts for 10-20 hours	Low blood sugar; weight gain
<b>Long Acting Insulin</b>	Lantus® Levemir®	insulin glargine insulin detemir	Once a day dosing; Provides coverage over 24 hours	Low blood sugar
<b>Pre-mixed Insulins</b>	N/A	70/30, 50/50, 75/25	Usually given before breakfast and dinner	Low blood sugar; weight gain
<b>Other Injectable</b>	Byetta®	exenatide	Given before morning and evening meals; Helps increase insulin production	Nausea; vomiting
<b>Other Injectable</b>	Symlin®	pramlintide acetate	Given at mealtime; Used with insulin; Helps lower after-meal blood sugar levels	Low blood sugar; nausea; vomiting

### Insulin pens

Usually insulin is given with a syringe. Some insulin is available in pen form. It is an easy way to use insulin. However, it may cost more money. Insulin pens fall into 2 groups:

- **Reusable insulin pens** require you to load it with a cartridge of insulin. When the insulin is used, you replace the cartridge with a new one. A reusable pen can often be used for several years.
- **Disposable insulin pens** come filled with insulin. They are thrown away when they are empty. These are easier to use than reusable pens, but they cost more.