

# Insulin Action

Insulin:	Starts to work in:	Peaks at:	Lasts up to:
<b>Fast-Acting (bolus) Insulin</b>			
Aspart (Fiasp)	4 minutes	30-90 minutes	3-5 hours
Aspart (NovoRapid) Glulisine (Apidra) Lispro (Humalog) Lispro 200units/mL (Humalog 200)	10-15 minutes	1-2 hours	3-5 hours
Regular (Humulin R; Novolin ge Toronto)	30 minutes	2-3 hours	6.5 hours
Regular 500units/mL (Entuzity)	15 minutes	4-8 hours	17-24 hours
<b>Long-Acting (basal) Insulin</b>			
NPH (Humulin N; Novolin ge NPH)	1-3 hours	5-8 hours	18 hours
Detemir (Levemir) Glargine (Lantus; Basaglar)	1-2 hours	No peak	16-24 hours
Glargine 300units/mL (Toujeo)	6 hours	No peak	30 hours
Degludec 100 & 200units/mL (Tresiba)	1.5 hours	No peak	42 hours

- Checking your blood glucose will help determine how your insulin is working. Talk to your doctor or diabetes educator if you experience frequent high or low blood glucose

## Insulin Injection Area, Storage, and Appearance

- Your abdomen is the recommended site for all insulin. Longer acting insulin can also be injected into the outer parts of the upper arms or legs
- Follow a regular pattern to rotate injection sites and prevent overusing a site
- Store the insulin you are using at room temperature and keep all extra insulin in the fridge
- Keep your insulin away from extreme heat, freezing or sunlight
- Check the expiry date on your insulin. Once a vial, cartridge or prefilled pen is opened or stored at room temperature it can be used for approximately 1 month
- Cloudy insulin needs gentle shaking before each use
- Check appearance of insulin:
  - Most types of insulin should be clear
  - Only Humulin N, NPH, or any pre-mix (i.e. 30/70) should be evenly cloudy after mixing
- Always discard used sharps (needles and lancets) and empty vials, cartridges, and prefilled pens in a “sharps” container with a lid, not a regular garbage pail or plastic bag. Speak to your pharmacist about disposing your sharps

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