

Insulin Guidelines Chart

Type	Name	Delivery Method	Cloudy or Clear	Onset	Peak	Duration
Rapid Acting	Insulin Aspart (NovoLog) Insulin Glulisine (Apidra) Insulin Lispro (Humalog)	Syringe, Pen, Pump	Clear	10 to 20 minutes	30 to 90 minutes	3 to 5 hours
Regular	Regular (Humlin R, Novolin R)	Syringe	Clear	30 to 60 minutes	2 to 4 hours	5 to 8 hours
Intermediate Acting	NPH (Humulin N, Novolin N)	Syringe, Pen	Cloudy	1 to 3 hours	8 hours	12 to 16 hours
Long Acting	Insulin Detemir (Levemir) Insulin Glargine (Lantus)	Syringe, Pen	Clear	1 hour	No peak	20 to 26 hours
Mixtures						
70% NPH/ 30% Regular	Humulin 70/30, Novolin 70/30	Syringe, Pen	Cloudy	30 to 60 minutes	Varies	10 to 16 hours
50% Lispro Protamine/ 50% Insulin Lispro	Humalog Mix 50/50			10 to 15 minutes	Varies	10 to 16 hours
75% Lispro Protamine/ 25% Insulin Lispro	Humalog Mix 75/25			10 to 15 minutes	Varies	10 to 16 hours