

Insulin Fact Sheet

Insulin Peaks & Duration of Action:

Insulin Preparation	Onset of Action	Peak	Duration of Action
Lispro (Humalog)	Less than 15 min	1-2 hours	3-4 hours
Regular (Human)	30-60 min	2-3 hours	3-6 hours
NPH (Human)	2-4 hours	4-10 hours	10-16 hours
Lantus	1-2 hours	No Pronounced Peak	up to 24 hours

Mixing/Combining Insulin:

	Regular (Human)	NPH (Human)	Lantus	Lispro (Humalog)
Regular (Human)	✓	✓	X	✓
NPH (Human)	✓	✓	X	✓
Lantus	X	X	✓	X
Lispro (Humalog)	✓	✓	X	✓

**These are the commonly used insulin's only. You may encounter other insulin's not included within these charts. For more information you may contact the Diabetes Education Center or refer to the package insert.

Insulin Fact Sheet Cont...

Quick Tips

- Sliding scale and meal time insulin should be combined and given as one injection
- Pre meal insulin is given to cover the anticipated rise in BG after the meal.
- Holding insulin can result in hyperglycemia post meal.
- **Regular** insulin is given 30-45 min before the meal.
- **Lispro** is given 15 min up to the time of the meal.
- **Lantus** “stings” and should be given slowly.
- If blood glucose is below 70mg/dl call MD to determine amount of insulin to be given.
- **Metformin** is eliminated by the kidneys. Hold 24 hr. prior to contrast and 48 hr. after contrast.