

INSULIN ACTION

	ONSET	PEAK	DURATION
SHORT-ACTING			
Regular (<i>Humulin R, Novolin R</i>)	30 - 60 minutes	1 – 2 hours	5 – 12 hours
Rapid-Acting lispro (<i>Humalog</i>), aspart (<i>Novolog</i>)	10 - 30 minutes	30 – 60 minutes	3 – 5 hours
INTERMEDIATE ACTING			
NPH/Lente	1 – 2 hours	4- 8 hours	10 –20 hours
LONG-ACTING			
Ultralente	2 – 4 hours	8 – 12 hours	16 – 24 hours
Glargine (<i>Lantus</i>)	1 – 2 hours	no peak	24 hours

Reference: *Treatment Guidelines from The Medical Letter*, September 2002