



## INSULIN

Dottee Toups RN, MSN, CDE

Insulin is taken by all people with type 1 diabetes since the pancreas stops making it after a period of time. Many people with type 2 diabetes also take insulin since the pancreas may not make enough or there is a lot of resistance to insulin.

There are several types of insulin: rapid acting; intermediate acting; and long acting.

Rapid acting insulins are Humalog Lispro and Novolog Aspart. They begin to work in 5 to 15 minutes; peak in 1–2 hours; and last 3-5 hours. They are taken right before a meal. Fast acting insulins such as Humulin R and Novolin R (Regular) begin to work in 30 minutes; peak in 2-4 hours; and last 6-8 hours. They should be taken 30 minutes before a meal.

Intermediate acting insulins such as Humulin N and Novolin N (NPH) and Humulin L and Novolin L (Lente) begin to work in 2-4 hours; peak in 6-8+ hours; and last from 10-16 hours. They are generally taken twice a day since they don't last for 24 hours.

Long acting insulins are Humulin U (Ultralente) and Glargine (Lantus). They are considered basal insulins.

They are taken once a day usually at bedtime. Ultralente begins to work after several hours, peaks 10-16 hours and lasts around 20 hours. Glargine begins to work in about an hour and lasts 24 hours or more with no peak. It is a truer basal insulin since it has no peak.

There are some factory premixed insulins with rapid/fast acting insulins and an intermediate acting one.

As of now insulin is only given by an injection of some kind. Many use an insulin syringe. There are insulin pens that use prefilled insulin cartridges and there are some that are completely disposable. Those who use an insulin pump receive a small amount of rapid or fast acting insulin continuously with more taken at meal times.

There is much research to develop other ways to take insulin. One of the most promising is nasal insulin. Others are working to develop an oral insulin.

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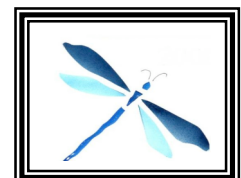
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