

Insulin

Insulin lowers blood sugar. It works by helping sugar leave the blood and go into the body cells. There it is used for energy. Without enough insulin, the level of sugar in your blood can become very high.



What are the types of insulin?

The types of insulin are different in how fast they start to work and how long they work. This is called its ACTION. The following actions are estimates, since the actual action varies with the individual. The large letter or number on the label indicates the type of insulin

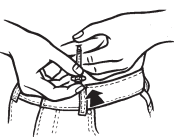
Rapid-acting insulin starts to work in 15 minutes, peaks (or works its hardest) in about 1 hour and leaves the body within 5 hours. This type includes **Lispro (Humalog)** and **Novolog**.



Short-acting insulin starts to work in 30 minutes, peaks (or works its hardest) in 2-4 hours, and lasts about 8 hours. This type includes **Regular (R)** insulin.

Intermediate-acting insulin starts to work in 1-4 hours, peaks at about 8 hours, and lasts in the body for about 16 hours. This type includes **NPH (N)** insulin.

Long-acting insulin starts to work in 4-6 hours and lasts for up to 36 hours. This type includes **Ultralente (U)** and **Lantus** insulin. Lantus provides a continuous level of insulin, similar to the slow, steady (basal) secretion of insulin provided by the normal pancreas.



Premixed insulins are a combination of insulins in specific concentrations. These include:

50/50 = 50% NPH and 50% Regular

70/30 = 70% NPH and 30% Regular

Humalog 75/25

- All people must have insulin. People without diabetes are able to make enough insulin to keep their blood sugars at a normal level.
- People with type 1 diabetes can't make any insulin. They must take insulin shots daily to live.
- People with type 2 diabetes may make insulin but they can't use it well. These people may be able to control their diabetes with meal planning, oral medications, or may need insulin.

Other information



- The amount of insulin you need will be different from others. Your doctor will tell you how much insulin to take.
 - Check the expiration date on the insulin before you buy it.
 - Keep unopened vials refrigerated.
 - Date new vials as you open them.
- You may store opened vials at room temperature for 30 days.
- Each vial of insulin contains 1000 units.

**If you use insulin,
you are at increased risk
for hypoglycemia.
Always carry a fast-acting form
of carbohydrate with you.**

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