

Table 1. Types of Insulin

INSULIN TYPE (TRADE NAME)	ONSET	PEAK	DURATION
Bolus (prandial) insulins			
Rapid-acting insulin analogues (clear) <ul style="list-style-type: none"> • Insulin aspart (NovoRapid®) • Insulin glulisine (Apidra®) • Insulin lispro (Humalog®) 	10 – 15 min 10 – 15 min 10 – 15 min	1 – 1.5 h 1 – 1.5 h 1 – 2 h	3 – 5 h 3 – 5 h 3.5 – 4.75 h
Short-acting insulins (clear) <ul style="list-style-type: none"> • Humulin®-R • Novolin® ge Toronto 	30 min	2 – 3 h	6.5 h
Basal insulins			
Intermediate-acting (cloudy) <ul style="list-style-type: none"> • Humulin® -N • Novolin® ge NPH 	1 – 3 h	5 – 8 h	Up to 18 h
Long-acting insulin (clear) <ul style="list-style-type: none"> • Insulin detemir (Levemir®) • Insulin glargine (Lantus®) • Insulin glargine U300 (Toujeo®) 	90 min 90 min Up to 6 h	Not applicable	Up to 24h (detemir 16-24 h) Up to 24h (glargine 24 h) Up to 30 h
Premixed insulins			
Premixed regular insulin –NPH (cloudy) <ul style="list-style-type: none"> • Humulin® 30/70 • Novolin® ge 30/70, 40/60, 50/50 	A single vial or cartridge contains a fixed ratio of insulin (% of rapid-acting or short-acting insulin to % of intermediate-acting insulin)		
Premixed insulin analogues (cloudy) <ul style="list-style-type: none"> • Biphasic insulin aspart (NovoMix® 30) • Insulin lispro/lispro protamine (Humalog®Mix25 and Mix50) 			
Note: Pork regular insulin (Hypurin Regular Insulin Pork) and pork isophane insulin (Hypurin NPH Insulin Isophane) are available but rarely used.			

Physicians should refer to the most current edition of *Compendium of Pharmaceuticals and Specialties* (Canadian Pharmacists Association; Ottawa, Ontario, Canada) and product monographs for detailed information.