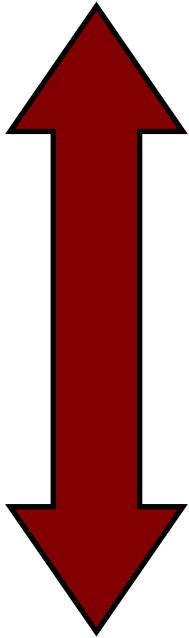
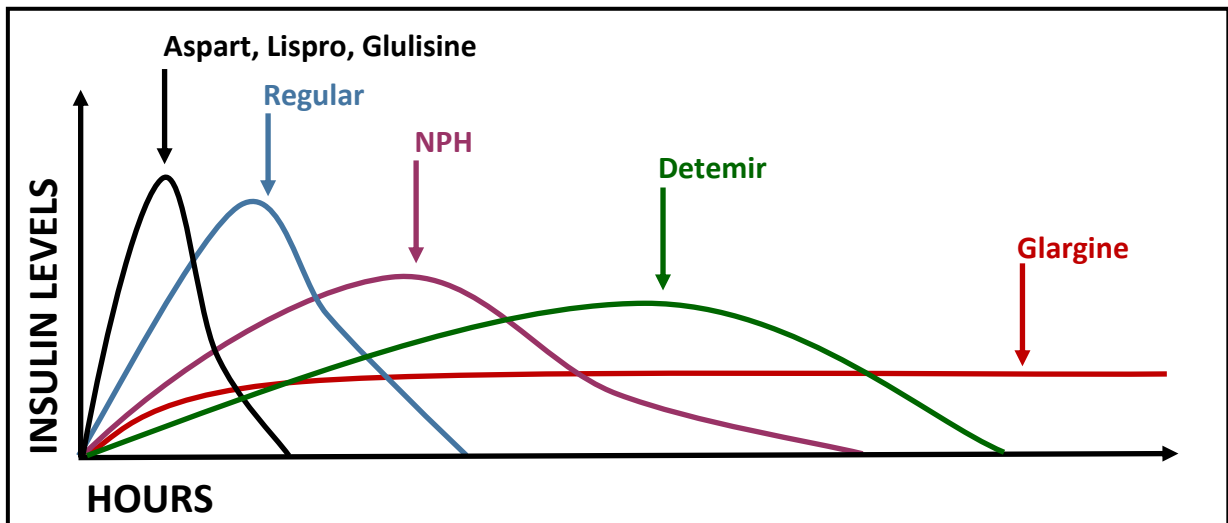


# GUIDE TO INSULIN DURATION



	ONSET	PEAK	DURATION
<b>RAPID ACTING:</b>			
Insulin Lispro (Humalog)	15 - 30 min	½ - 2 ½ hr.	3 - 6 hr.
Insulin Aspart (NovoLog)	10 - 20 min	1 - 3 hr.	3 - 5 hr.
Insulin Glulisine (Apidra)	10 - 15 min	1 - 1 ½ hr.	3 - 5 hr.
<b>SHORT ACTING:</b>			
Regular Insulin	30 - 60 min	1 - 5 hr.	6 - 10 hr.
<b>INTERMEDIATE:</b>			
NPH Insulin	1 - 2 hr.	6 - 14 hr.	16 - 24 hr.
<b>LONG ACTING:</b>			
Insulin Glargine (Lantus)	70 min	N/A	18 - 24 hr.
Insulin Detemir (Levemir)	1 - 2 hr.	12 - 24 hr.	Varies



Note: Graph is not scientifically accurate and is intended for visualization purposes only.