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# INSULIN ACTION TIMES

Insulin action times include the *onset of action*, or the amount of time it takes for the insulin to start lowering blood glucose after injection (or infusion); the *peak*, or the period of peak blood-glucose-lowering effectiveness; and the *duration*, or the total amount of time a dose of insulin has some blood-glucose-lowering effect. These times will vary somewhat from person to person. Use your monitoring records to determine your personal insulin action times.

INSULIN TYPE	ONSET	PEAK	EFFECTIVE DURATION
<b>Rapid-acting</b>			
Aspart (NovoLog)			
Glulisine (Apidra)			
Lispro (Humalog)	5–15 minutes	30–90 minutes	less than 5 hours
<b>Short-acting</b>			
Regular	30–60 minutes	2–3 hours	6–8 hours
<b>Long-acting</b>			
NPH	2–4 hours	4–10 hours	10–16 hours
<b>Long-acting</b>			
Glargine (Lantus)	2–4 hours	No peak	20–24 hours
<b>Long-acting</b>			
Detemir (Levemir)	2–3 hours	6–10 hours	16–20 hours

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*Diabetes Self-Management*, “Insulin Therapy for Type 2 Diabetes: Getting Started” by Christin Snyder, M.D., and Irl B. Hirsch, M.D.

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