









Types of insulin	Brand name	When does it start to work	How long it will work for	Best time to inject	What does it look like
Rapid Acting	Humalog Novorapid Apidra	 Within 15-20 minutes	 2-5 hours	10-15 minutes before a meal	Clear
	Fiasp			0-2 minutes before a meal	
Short Acting	Actrapid Humulin R	 Within 30 minutes	 6-8 hours	30 minutes before a meal	Clear
Intermediate Acting	Humulin NPH Protaphane	 Within 1-2 hours	 16-24 hours	At the same time each day, does not need to be given with food.	Cloudy Needs to be mixed by rotating gently
Long Acting	Levemir Optisulin (was Lantus) Toujeo	 Within 1-4 hours	 Up to 36 hours	At the same time each day, does not need to be given with food.	Clear
Premixed Premixed insulin is a combination of rapid and long acting insulin.	Novomix 30 Humalog Mix25 Humalog Mix50			10-15 minutes before a meal	Cloudy Needs to be mixed by rotating gently
	Humulin 30/70 Mixtard 30/70 Mixtard 50/50	The rapid insulin will work in less than 15mins and the long acting will work up to 12-24hrs depending which insulin you are injecting.		15-30 minutes before a meal	
	Ryzodeg 70/30			At the start of a meal containing carbohydrates.	Clear