

## INSULIN ACTIVITIES

Type of Insulin	Begins Working	Main Effect	All Gone
<b>SHORT-ACTING (lasts 4-10 hours)</b>			
Humalog/NovoLog	10-15 minutes	30-90 minutes	4 hours
Regular	30-60 minutes	2-4 hours	6-9 hours
<b>INTERMEDIATE-ACTING (lasts 10-20 hours)</b>			
NPH	1-2 hours	3-8 hours	12-15 hours
Ultralente	2-4 hours	6-14 hours	18-20 hours
<b>LONG-ACTING (lasts 20-24 hours)</b>			
Lantus (Insulin Glargine)	1-2 hours	2-22 hours	24 hours
<b>PRE-MIXED INSULINS</b>			
Lente	1-2 hours	3-14 hours	18-20 hours
70/30 NPH/Regular	30-60 minutes	3-8 hours	12-15 hours
75/25 NPH/Humalog	10-15 minutes	30 minutes-8 hours	12-15 hours