

Types of Insulin and How They Work

<i>Insulin type</i>	<i>How fast it starts to work (onset)</i>	<i>When it peaks</i>	<i>How long it lasts (duration)</i>
Rapid-acting/ ultra-rapid-acting	15 minutes	1 hour	2 to 4 hours (rapid) 5 to 7 hours (ultra)
Rapid-acting, inhaled	10-15 minutes	30 minutes	3 hours
Short-acting, also called regular	30 minutes	2 to 3 hours	3 to 6 hours
Intermediate-acting	2 to 4 hours after injection	4 to 12 hours	12 to 18 hours
<u>Long-acting</u>	2 hours	Does not peak	24 hours; some last longer
Ultra long acting	6 hours	Does not peak	36 hours or longer

The chart above gives averages. Follow your doctor's advice on when and how to take your insulin. Your doctor might also recommend premixed insulin, which is a mix of two types of insulin. Some types of insulin cost more than others, so talk with your doctor about your options if you're concerned about cost.

Source: Insulin basics. American Diabetes Association website. Accessed 2022