

Types of Insulin available in Canada*

| Type | Trade name | Starts to work in | Peak action | Duration | Dosing Schedule |
|---|---|--------------------------|--------------------|--|---|
| Rapid-acting analogue (clear) | Apidra® (Insulin glulisine) Humalog® (insulin lispro) NovoRapid® (insulin aspart) | 10-15 minutes | 60-90 minutes | 4-5 hours | Usually taken right before eating or to lower high blood glucose |
| Fast-acting (clear) | Humulin®-R Novolin®ge Toronto | 30-60 minutes | 2-4 hours | 5-8 hours | Taken about 30 minutes before eating or to lower high blood glucose |
| Intermediate- acting (cloudy) | Humulin®-N Humulin®-L Novolin®ge NPH | 1- 3 hours | 5-8 hours | Up to 18 hours | Often taken at bedtime or twice a day (morning and bedtime) |
| Extended long- acting analogue | Lantus® (insulin glargine) Levemir (insulin detemir) | 90 minutes | - | Lantus-24 hours Levemir – 16-24 hours | Usually taken once or twice a day |
| Premixed (cloudy) A single vial or cartridge contains a fixed ratio of insulin (% rapid or fast-acting to %intermediate-acting insulin) | Humalog® Mix25TM Humulin® (20/80), 30/70 Novolin®ge (10/90, 20/80, 30/70, 40/60, 50/50) | | | | Schedule depends on the combination |

*CDA (2013). *Insulin: Things you should know*. Toronto: Canadian Diabetes Association.