

INSULIN CHEAT SHEET

TYPE	BRAND NAME	GENERIC NAME	ONSET	PEAK	DURATION
Rapid-Acting	NovoLog	Insulin aspart	15m	30-90m	3-5h
	Apidra	Insulin glulisine	15m	30-90m	3-5h
	Humalog	Insulin lispro	15m	30-90m	3-5h
Short-Acting	Humulin R	Regular	30-60m	2-4h	5-8h
	Novolin R	Regular	30-60m	2-4h	5-8h
Intermediate Acting	Humulin N	NPH	1-3h	8h	12-16h
	Novolin N	NPH	1-3h	8h	12-16h
Pre-Mixed NPH w/Regular	Humulin 70/30	70%NPH and 30% Reg	30-60m	varies	10-16h
	Novolin 70/30	70%NPH and 30% Reg	30-60m	varies	10-16h
	Humulin 50/50	50%NPH and 50% Reg	30-60m	varies	10-16h

MIXING INSULIN

- 1) Withdraw enough air equal to the total amount of insulin.
- 2) Inject the air into the NPH without touching the insulin.
- 3) Inject remaining air into the regular insulin then withdraw the regular dosage.
- 4) Withdraw the NPH dosage.

