

Action Times for Insulins

Insulin	Starts	Peaks	Ends	Low most likely at	Label	Usage
Regular	30-45 m	2-4 h	5-7 h	3-7 h	Short acting	Designed to peak, covers meals
Humalog/Novalog	10-20 m	1.5-2.5 h	4-6 h	2-5 h	Short acting	
NPH	1-3 h	4-9 h	14-20 h	4-16 h	Intermed.	less peaking, larger action
Lantus	1-2 h	6 h	18-26 h	5-10 h	Long-acting	Designed for flatter and longest action
Levemir	1-3 h	8-10 h	18-26 h	8-16 h	Long-acting	