

Table 7. INSULIN ACTION ¹, revised 2004

| Type of Insulin | Onset | Peak Action | Effective Duration | Maximum Duration of Action |
|-----------------------------|--------------------|---------------|--------------------|----------------------------|
| Rapid Acting: Lispro/Aspart | Within 15 - 30 min | 30 - 90 min | 3 - 4 hours | 4 - 6 hours |
| Short Acting: Regular | 1/2 - 1 hour | 2 - 3 hours | 3 - 6 hours | 6 - 8 hours |
| Intermediate: NPH | 2 - 4 hours | 6 - 10 hours | 10 - 16 hours | 14 - 18 hours |
| Intermediate: Lente | 3 - 4 hours | 6 - 12 hours | 12 - 18 hours | 16 - 20 hours |
| Long Acting: Ultralente + | 6 - 10 hours | 10 - 16 hours | 16 - 20 hours | 20 - 24 hours |

Lantus is not currently approved for use during pregnancy
+ Long acting insulin may complicate tighter control necessary for pregnancy

REFERENCES

1. Skyler JS. Insulin treatment. In: Lebovitz HE, ed. Therapy for diabetes mellitus and related disorders. 3rd ed. Alexandria, VA: American Diabetes Association, 1998: 186-203.