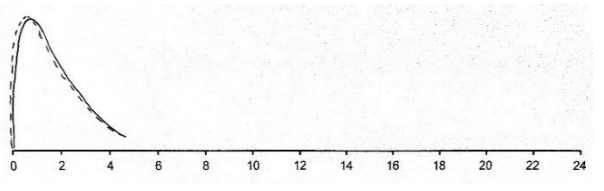
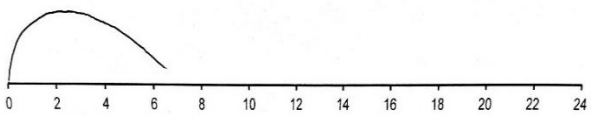
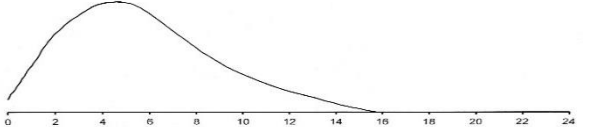
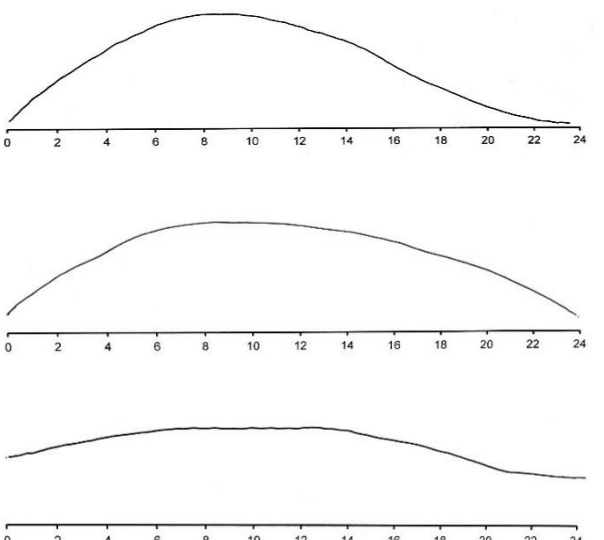
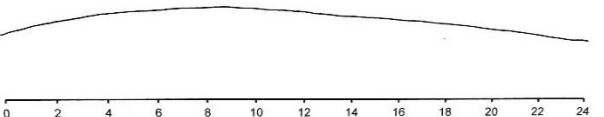


Average Insulin Action Time

When calculating a correction dose of insulin, please consider the action times of the insulins you are using and consider correcting to 10 mmol/L if only 2 hours after eating.

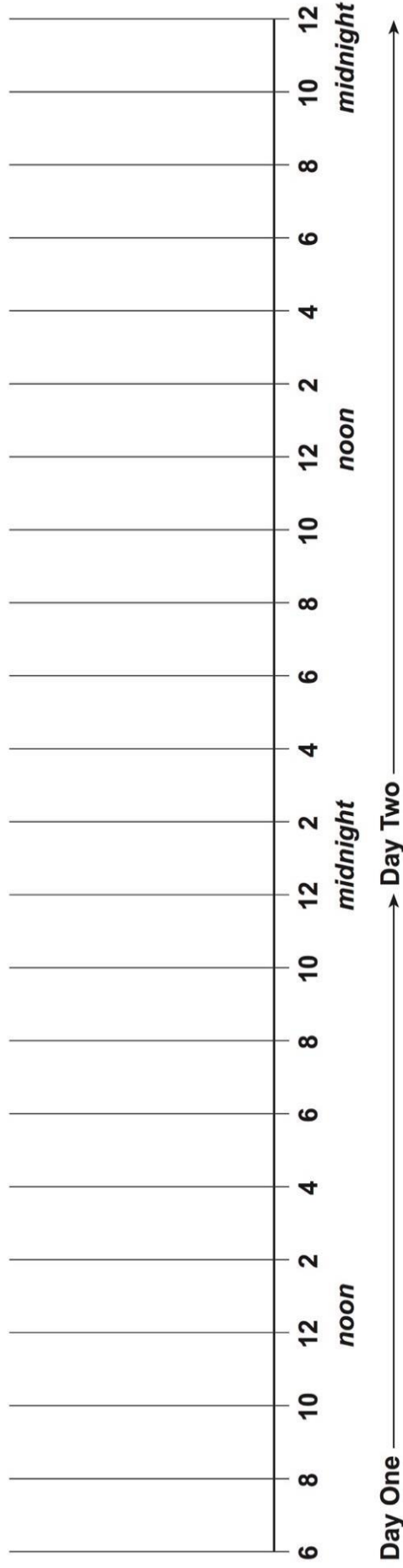
Insulin	Average insulin action
<p>Rapid-acting Onset 10 to 20 min, Peak 1 to 3 h, Duration 3 to 5 h</p> <ul style="list-style-type: none"> • Admelog[®], Humalog[®] • Apidra[®] • NovoRapid[®] <p>Onset 5 to 15 min, Peak 1 to 3 h, Duration 3 to 5 h</p> <ul style="list-style-type: none"> • Fiasp[®] - dashed line 	
<p>Short-acting Onset 30 to 60 min, Peak 2 to 4 h, Duration 6 to 8 h</p> <ul style="list-style-type: none"> • Humulin R[®] • Novolin Toronto[®] 	
<p>Intermediate-acting (cloudy) Onset 1 to 2 h, Peak 5 to 8 h, Duration 14 to 18 h</p> <ul style="list-style-type: none"> • Humulin N[®] • Novolin NPH[®] 	
<p>Long-acting Onset 1.5 h, No peak, Duration 16 to 24 h</p> <ul style="list-style-type: none"> • Levemir[®] <p>Onset 1.5h, No peak, Duration 24 h</p> <ul style="list-style-type: none"> • Lantus[®], Basaglar[®] <p>No peak, Duration up to 36 h</p> <ul style="list-style-type: none"> • Toujeo[®] 	
<p>Ultra-long-acting No peak, Duration 42 h</p> <ul style="list-style-type: none"> • Tresiba[®] 	

Your Insulin Schedule

Date _____

Goals _____ before meals

_____ after meals



Time to test your blood sugar = ↓
Time to inject insulin = ▲

Diabetes Medicine

