Understanding Insulin Types
UNDERSTANDING INSULIN TYPES

Many types of insulin are available and differ in how quickly each starts to work and how long each lasts. Rapid-acting, fast-acting, and short-acting insulins are mealtime insulins. This means they are used before eating a meal and to correct elevated blood sugars. Intermediate-acting and long-acting insulins are basal insulins. This means that they control your blood sugar levels between meals and throughout the night.

**Fast-acting** . Begins to work in just a few minutes after injection and lasts only several hours

**Rapid-acting** . Begins to work in about 15 minutes after injection and lasts only several hours

**Short-acting** . Begins to work in about ½ hour after injection and lasts only several hours

**Intermediate-acting** . Begins to work in about 2 to 4 hours and lasts up to 18 hours

**Long-acting** . Begins to work within 90 minutes and lasts for about a day or more

**COMMON INSULIN REACTIONS**

- **Hypoglycemia (low blood sugar):** shaky, sweaty, hungry, sleepy, dizzy, irritable, anxious
- **Allergic reaction:** rash, hives, wheezing
- **Skin changes:** redness, swelling, lump, pain, or thickening at injection site
- **Low blood potassium levels:** weakness, tiredness, muscle cramps, irregular heartbeat

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**MY INSULIN SCHEDULE**

<table>
<thead>
<tr>
<th>My target blood sugar range</th>
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</thead>
<tbody>
<tr>
<td>My basal insulin</td>
</tr>
<tr>
<td>My mealtime insulin</td>
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<tr>
<td>Insulin to carb ratio</td>
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<tr>
<td>Correction factor</td>
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</table>

Correction factor

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