



Types of Insulin Therapy

Did you know?... It's impossible to take insulin in pill form because your digestive system would break it down in the same way that you digest food. That means the insulin wouldn't make it to your bloodstream where you need it.

While there are multiple types of insulin available, the four main insulin types are:

- **Rapid-Acting**
- **Intermediate-Acting**
- **Regular- or Short-Acting**
- **Long-Acting**

There are some subtypes and less common types Trusted Source as well, including ultra-long acting, premixed, and rapid-acting inhaled.

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This chart describes the different types of insulin and how they can affect you. Within each category, different formulations may vary the onset, peak, or duration.

Understand how to store your insulin properly

It's important to know how to store your insulin properly. This includes keeping it away from light and extreme temperatures (hot or cold) so it doesn't lose effectiveness. Never use insulin that's been frozen. Even if it looks normal, it's not safe to use. That's because when insulin is exposed to freezing temperatures, it begins to break down.

Always keep unopened insulin products in the fridge until you're ready to use them. You can store opened insulin vials in the refrigerator or at room temperature. After you open and use an insulin pen, store it at room temperature.

Overview of Different Brands & Insulin Products Available:

Rapid-Acting Insulin Products:

✓ insulin aspart
(NovoLog)

✓ insulin glulisine
(Apidra)

✓ insulin lispro
(Humalog)

Regular- or Short-Acting Products Generally Use Insulin Regular:

- Humulin R
- Humulin R U-500
- Humulin R U-500 KwikPen
- Novolin R
- Novolin R Innolet
- Novolin R PenFill
- ReliOn/Humulin R
- ReliOn/Novolin R

Intermediate-Acting Products Generally Use Insulin Isophane:

- Humulin N
- Humulin N KwikPen
- Humulin N Pen
- Novolin N
- Novolin N Innolet
- Novolin N PenFill
- ReliOn/Novolin N

Long-acting Insulin Products:

- Insulin Detemir (Levemir, Levemir FlexPen, Levemir FlexTouch, Levemir InnoLet, Levemir PenFill)
- insulin degludec (Tresiba FlexTouch)
- insulin glargine (Basaglar KwikPen, Lantus, Lantus OptiClik Cartridge, Lantus Solostar Pen, Toujeo Max Solostar, Toujeo SoloStar)

Some manufacturers also sell pre-prepared mixtures of regular- or short-acting and intermediate-acting insulin, combined in a single bottle or insulin pen.

Pre-Mixed Products:

- Blends of insulin isophane and insulin regular (Humalin 50/50)
- Humulin 70/30, Humulin 70/30 KwikPen,
- Novolin 70/30, ReliON/Novolin 70/30)
- Blends of insulin lispro and insulin lispro protamine (Humalog Mix 75/25)
- Humalog Mix 75/25 KwikPen)
- There are also different delivery methods of insulin such as syringes, injection pens, insulin pumps, and inhalers.

BHI At Home is here for you. Please contact our office for more information.

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