

Mapping My Insulin

6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5

TIME

Insulin type		Name	Onset	Peak	Duration
<input type="checkbox"/> Basal insulin	Long acting	Lantus (Glargine)	90 mins	N/A	24 hours
<input type="checkbox"/> Basal insulin	Long acting	Detemir (Levemir)	90 mins	N/A	16 to 24 hours
<input type="checkbox"/> Basal insulin	Intermediate acting	Humulin N Novolin NPH	1 to 3 hours	5 to 8 hours	12 to 18 hours
<input type="checkbox"/> Bolus insulin	Rapid acting	Lispro (Humalog) Aspart (Novorapid) Glulisine(Apidra)	10 to 15 mins	1 to 2 hours	3 to 5 hours
<input type="checkbox"/> Bolus insulin	Short acting	Humulin R Novolin Toronto	30 mins	2 to 3 hours	6.5 hours