

Appendix 6 (as supplied by the authors): Insulin types and pharmacokinetics*

<i>Insulin type (trade name)</i>	<i>Onset</i>	<i>Peak</i>	<i>Duration</i>
Prandial (bolus) insulins			
Rapid-acting insulin analogues (clear) <ul style="list-style-type: none"> • Insulin aspart (NovoRapid) • Insulin lispro (Humalog) • Insulin glulisine (Apidra) 	10–15 min 10–15 min 10–15 min	1–1.5 h 1–2 h 1–1.5 h	3–5 h 3.5–4.75 h 3–5 h
Short-acting insulins (clear) <ul style="list-style-type: none"> • Humulin-R • Novolin ge Toronto 	30 min	2–3 h	6.5 h
Basal insulins			
Intermediate-acting (cloudy) <ul style="list-style-type: none"> • Humulin-N • Novolin ge NPH 	1–3 h	5–8 h	Up to 18 h
Long-acting basal insulin analogues (clear) <ul style="list-style-type: none"> • Insulin detemir (Levemir) • Insulin glargine (Lantus) 	90 min	Not applicable	Up to 24 h (glargine 24 h, detemir 16–24 h)
Premixed insulins			
Premixed regular insulin – NPH (cloudy) <ul style="list-style-type: none"> • Humulin 30/70 • Novolin ge 30/70, 40/60, 50/50 	A single vial or cartridge contains a fixed ratio of insulin (% of rapid-acting or short-acting insulin to % of intermediate-acting insulin)		
Premixed insulin analogues (cloudy) <ul style="list-style-type: none"> • Biphasic insulin aspart (NovoMix 30) • Insulin lispro/lispro protamine (Humalog Mix25 and Mix50) 			

*Adapted, with permission, from the Canadian Diabetes Association, Clinical Practice Guidelines Expert Committee. Canadian Diabetes Association 2008 clinical practice guidelines for the prevention and management of diabetes in Canada. *Can J Diabetes* 2008;32(Suppl 1):S1-S201.