

Types of insulin



Rapid-acting

- Starts to work within 15 minutes and lasts 1-2 hours

Regular- or short-acting

- Starts to work within 30 min and lasts 3 to 4 hours

Intermediate-acting

- Starts to work within 1-2 hours, maximally at 4-6 hours and lasts up to 12 hours

Long-acting

- Can work for an entire day (depending on the type of long-acting insulin)