There are many types of insulin available today. They fall into three main categories: rapid-acting insulin, intermediate-acting insulin and long-acting insulin. We will now go into detail about the most common insulin we use.

### Rapid-Acting Insulin
- **Work**: Works very rapidly to lower the blood sugar
- **Names**:
  - Insulin lispro (Humalog®)
  - Insulin aspart (Novolog®)
  - Insulin glulisine (Apidra®)
- **Begins Working**: 10-15 minutes
- **Strongest Effect (peak)**: 1-2 hours
- **All Gone**: 3-4 hours

This insulin works very fast and should be given no earlier than 20 minutes before a meal. It may be given in a syringe or by pen, and may be given by itself or in combination with an intermediate or long-acting insulin.

### Intermediate – Acting Insulin
- **Work**: Works more slowly and last longer
- **Name**:
  - Novolin NPH
  - Humulin NPH
- **Begins Working**: 1-1½ hours
- **Strongest Effect (peak)**: 6-8 hours
- **All Gone**: 8-16 hours

May be given by pen or syringe, and may be combined with a rapid-acting insulin. This insulin is cloudy and must be rolled several times before using it.

### Long-Acting Insulin
- **Work**: Works up to 24 hours as a background or “basal” insulin
- **Name**:
  - Insulin Glargine (Lantus®)
  - Insulin Detemir (Levemir®)
- **Begins Working**: 2-4 hours
- **Strongest Effect (peak)**: No peak
- **All Gone**: 14-24 hours

Must be given by itself by pen or in a syringe, not mixed with any other insulins. Some people need only one dose per day, others need to have two injections per day.