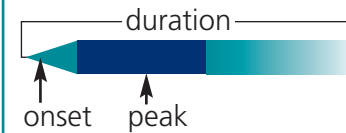


Diabetes Update

Insulin wallchart

Key to colours



Times are approximate and may vary from person to person. This is a guide only.

Name	Manufacturer	Source	Delivery system	Taken	Onset, peak and duration
					0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34
RAPID-ACTING ANALOGUE					
NovoRapid	Novo Nordisk	Analogue	Vial, cartridge, prefilled pen	Just before / with / just after food	
Humalog	Lilly	Analogue	Vial, cartridge, prefilled pen	Just before / with / just after food	
Apidra	Sanofi-Aventis	Analogue	Vial, cartridge, prefilled pen	0–15 minutes before, or soon after, a meal	
SHORT-ACTING INSULINS/NEUTRAL INSULIN					
Actrapid	Novo Nordisk	Human	Vial	30 mins before food	
Pork Actrapid*	Novo Nordisk	Pork	Vial	30 mins before food	
Velosulin*	Novo Nordisk	Human	Vial	30 mins before food	
Humulin S	Lilly	Human	Vial, cartridge	20–45 mins before food	
Hypurin Bovine Neutral	Wockhardt UK	Bovine	Vial, cartridge	15–30 mins before food	
Hypurin Porcine Neutral	Wockhardt UK	Porcine	Vial, cartridge	15–30 mins before food	
Insuman Rapid	Sanofi-Aventis	Human	Cartridge, prefilled pen	15–30 mins before food	
Exubera	Pfizer	Human	Blister pack, inhaler	Within 10 mins before food	
MEDIUM AND LONG-ACTING INSULINS					
Insulatard	Novo Nordisk	Human	Vial, cartridge, pre-filled insulin doser	About 30 mins before food or bed	
Humulin I	Lilly	Human	Vial, cartridge, prefilled pen	About 30 mins before food or bed	
Hypurin Bovine Isophane	Wockhardt UK	Bovine	Vial, cartridge	As advised by your healthcare team	
Hypurin Bovine Lente	Wockhardt UK	Bovine	Vial	As advised by your healthcare team	
Hypurin Bovine PZI	Wockhardt UK	Bovine	Vial	As advised by your healthcare team	36hrs
Hypurin Porcine Isophane	Wockhardt UK	Porcine	Vial, cartridge	As advised by your healthcare team	
Insuman Basal	Sanofi-Aventis	Human	Vial, cartridge, prefilled pen	About 45 mins before food or bed	
Pork Insulatard*	Novo Nordisk	Pork	Vial	About 30 mins before food or bed	
MIXED INSULINS					
Mixtard 30	Novo Nordisk	Human	Vial, cartridge, pre-filled insulin doser	30 mins before food	
Mixtard 10, 20, 40, 50*	Novo Nordisk	Human	Cartridge	30 mins before food	
Humulin M3	Lilly	Human	Vial, cartridge, prefilled pen	20–45 mins before food	
Hypurin Porcine 30/70 Mix	Wockhardt UK	Porcine	Vial, cartridge	As advised by your healthcare team	
Insuman Comb 15	Sanofi-Aventis	Human	Prefilled pen	30–45 mins before food	
Insuman Comb 25	Sanofi-Aventis	Human	Vial, cartridge, prefilled pen	30–45 mins before food	
Insuman Comb 50	Sanofi-Aventis	Human	Cartridge, prefilled pen	20–30 mins before food	
Pork Mixtard 30*	Novo Nordisk	Pork	Vial	About 30 mins before food or bed	
ANALOGUE MIXTURE					
Humalog Mix 25	Lilly	Analogue	Cartridge, prefilled pen	Just before / with / just after food	
Humalog Mix 50	Lilly	Analogue	Cartridge, prefilled pen	Just before / with / just after food	
NovoMix 30	Novo Nordisk	Analogue	Cartridge, prefilled pen	Just before / with / just after food	
LONG-ACTING ANALOGUE					
Lantus	Sanofi-Aventis	Analogue	Vial, cartridge, prefilled pen	Once a day, anytime (but at same time each day)	
Levemir	Novo Nordisk	Analogue	Cartridge, prefilled pen	Once or twice daily	

Company contacts

Novo Nordisk: 0845 600 5055 **Lilly:** 01256 315999 **Wockhardt UK:** 01978 661261 **Sanofi-Aventis:** 01483 505515 **Pfizer:** 01304 616161