

Insulin Treatment in Type 1 Diabetes

THE TWO MOST COMMON REGIMENS ARE:

- Twice-daily insulin using both short-acting and intermediate-acting insulin
- Basal bolus regimen with short-acting insulin given with main meals (this is preferred if home blood glucose monitoring is available)

Refer to IDF/ISPAD/LFAC Guidelines or local experts for doses

INSULIN ACTION

Insulin Type	Preparations	Onset of Action	Peak of Action	Duration of Action	When to give
Rapid-acting	Aspart, Glulisine, Lispro	15-30 minutes	1-2 hours	3-5 hours	immediately prior to meal
Short-acting (regular)	Actrapid, Humulin R, Insuman Rapid	30-60 minutes	2-4 hours	5-8 hours	30 minutes prior to meal
Intermediate-acting	Humulin NPH, Protaphane, Insulatard,	2-4 hours	4-10 hours	12-24 hours	30 minutes prior to meal
Long-acting	Detemir	1-2 hours	6-12 hours	20-24 hours	once or twice daily
	Glargine	2-4 hours	relatively peakless	24 hours or less	once or twice daily
Mixed	Rapid/long-acting mix or Short/long-acting mix 30/70 or 25/75	30 minutes	4-12 hours	8-24 hours	30 minutes prior to meal

Giving an Injection with a Syringe



- Pinching the skin to give an insulin injection.
- A small pinch with the finger and thumb is enough.

Recommended Sites for Injection

