

Insulin and Monitoring BG

Adapted from How Sweet It Is! Management of Diabetes: Injectable Medications

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Insulin	Time Injected	Period of Insulin Activity	SMBG Reflecting Insulin Action
Rapid-acting (lispro, aspart, glulisine)	Before a meal	Covers meal (acts to reduced post-prandial BG)	2 hour post-prandial (also pre-prandial value before next meal, or bedtime)
Short acting (regular)	Before a meal	Between that meal and either the subsequent meal, or the bedtime snack (if insulin is taken before dinner)	Both after the meal which insulin is injected and before next meal or bedtime snack (if insulin is taken before dinner)
Intermediate acting (NPH)	Before breakfast	Between lunch and dinner	Before dinner
Intermediate acting (NPH)	Before dinner or bedtime	Overnight	Before breakfast
Long acting (glargine, detemir, degludec)	Before breakfast or before dinner or half dose at each time	Mostly overnight because short acting insulin overrides its effect during the day	Before breakfast