

Diabetes Care

To achieve glycemic targets in people with type 1 diabetes, multiple daily injections (3 or 4 per day) or the use of continuous subcutaneous insulin infusions (CSII) should be considered as part of an intensive diabetes management program. See Table 2.

Table 2. Types of Insulin	
Insulin type/action	Trade names
Rapid-acting analogue (clear) Onset: 10–15 min Peak: 60–90 min Duration: 4–5 h	Humalog® (insulin lispro) ‡ NovoRapid® (insulin aspart) ‡
Fast-acting (clear) Onset: 0.5–1 h Peak: 2–4 h Duration: 5–8 h	Humulin®-R † Novolin®ge Toronto †
Intermediate-acting (cloudy) Onset: 1–3 h Peak: 5–8 h Duration: up to 18 h	Humulin®-N † Humulin®-L † Novolin®ge NPH †
Long-acting (cloudy) Onset: 3–4 h Peak: 8–15 h Duration: 22–26 h	Humulin®-U †
Extended long-acting analogue Onset: 90 min Duration: 24 h	Lantus®* (insulin glargine) ‡
Premixed (cloudy) A single vial contains a fixed ratio of insulin (% rapid- or fast-acting to % intermediate-acting insulin)	Humalog® Mix25™ ‡ Humulin® (20/80, 30/70) † Novolin®ge (10/90, 20/80, 30/70, 40/60, 50/50) † NovoMix® 30 ‡

Table 2. Types of Insulin

Pharmacare coverage – valid at date of printing:

† Regular Pharmacare coverage

‡ Partial Pharmacare coverage

Δ Approved by Health Canada, but not yet reviewed by Pharmacare.