

PATIENT EDUCATION

Very Fast-Acting Insulin (also known as aspart, lispro or glulisine)

What are Aspart, Lispro, or Glulisine insulin?

Aspart, lispro, and glulisine are clear insulins that are all very fast-acting. These medications are taken as an injection for diabetes control in people who have type 1 or type 2 diabetes. It can be used alone or in combination with other medicines.

How will taking very fast-acting insulin help my blood sugar control?

The very fast acting insulins start to work in about 15 minutes from the time of injection. It reaches peak action quickly and goes away in about 3 hours. The very fast acting insulins help keep your blood sugar levels from going too high after you eat.

What are the common side effects of very fast-acting insulin?

The most common side effect is low blood sugar reactions.

How do most people take this medication?

Very fast-acting insulin should be injected under the skin within 15 minutes of eating. Your healthcare provider will tell you how much insulin to inject. Take this insulin right before meals or large snacks. You may be told not to take this medicine if a meal or large snack is skipped.

How do I store very fast-acting insulin?

Bottles that are not open can be stored in the refrigerator and are good until the expiration date on the bottle. Bottles that are open can be stored in the refrigerator or at room temperature and are good for 28 to 30 days after you open them.

Can very fast-acting insulin be mixed with other insulins?

Very fast acting insulins can be mixed with other insulins; it is most commonly mixed with NPH. The very fast-acting insulin (clear) should always be drawn into the syringe first. After mixing insulins in the same syringe you should inject the mixture under your skin immediately. **No** insulin can be mixed with glargine or detemir insulin.

How will I know if the medication is working?

Check your blood sugar often. This is the best way to know if you are getting the right amount of medicine.

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| For more information contact: | |
| Alaska Area Diabetes Team | |
| 4315 Diplomacy Drive, ANC-DIA | Office Phone (907) 729-1125 |
| Anchorage, Alaska 99508 | For Appointments (907) 729-1500 |
| http://www.anmc.org/services/diabetes/ | Diabetes Pharmacist (907) 729-2164 |

The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

Approved by IHEW 2006

Source: www.uptodate.com, www.pharmacistsletter.com, and Micromedex Patient Information

