

# Getting Started with Fast-Acting Insulin for Patients with Type 2 Diabetes

Your care team may be adding fast-acting insulin (also called mealtime, prandial or rapid-acting insulin) to help control your blood sugar after meals. This is a normal next step when your long-acting insulin controls your morning (or fasting) blood sugar well, but your blood sugar still rises too high after eating.

## Types of Fast-Acting Insulins

Insulin aspart	Novolog, Fiasp, NovoRapid and Trurapi
Insulin lispro	Admelog, Humalog and Lyumjev
Insulin glulisine	Apidra

## Getting Started on Fast-Acting Insulin

1) **One meal approach** where you start with one meal and add more if needed.



### One Meal Approach (Starting with one meal)

You start by taking a small dose before your largest meal (typically the meal that causes your blood sugar to rise the most). Your care team will tell you exactly how much to take.

Take your fast-acting insulin 15-20 minutes before your meal.

#### Adding a Second Meal and then a Third Meal (if needed)

If your blood sugar improves with insulin at one meal but remains high at other times of the day, your care team may recommend adding fast-acting insulin at a second meal and then a third meal as needed.

2) **All meal approach** where you start with taking fast-acting insulin at all three meals.

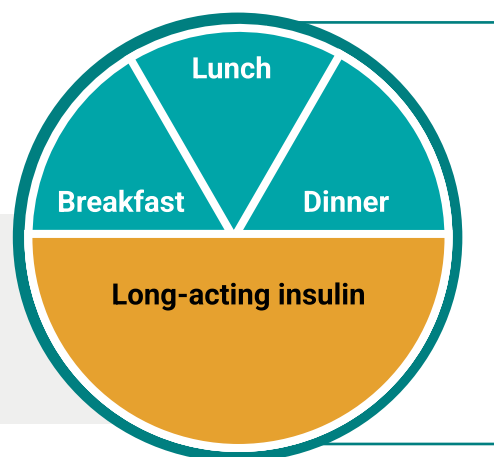


### All Meal Approach (Starting with all meals)

You start by taking fast-acting insulin at all three meals from the beginning. Your care team will tell you exactly how much to take.

This may be recommended if your blood sugar stays high throughout the day, or if your A1c remains high despite using the maximum dose of long-acting insulin or other medications that target after-meal blood sugar.

In general, about **half** of your total daily dose of insulin is given as **long-acting (basal) insulin**, and the other **half** is divided between your three meals as **fast-acting (prandial) insulin**.



Total Daily Dose of Insulin

## How to Adjust Your Dose

**Always check your blood sugar in the morning, before your meals, and at bedtime.**

Your care team will help you gradually adjust your insulin doses based on your blood sugar or continuous glucose monitor (CGM) readings.

## When NOT to take fast-acting insulin:



- If you're skipping a meal or not eating.
- If you're sick and unable to eat—call your care team for guidance.

## Forgetting a Dose



You can take fast-acting insulin up to 30-60 minutes after a meal. If it is later than that, skip the dose for that meal.

## Storage Instructions



Store insulin in the refrigerator before opening.

Once opened, it can be kept at room temperature (below 86°F) for around 28 days, depending on the brand. Insulin storage cases can be used to help keep insulin at the recommended temperature if needed.

**!** Do not freeze insulin or leave it in extreme heat (e.g., a hot car).

## Helpful Tips



- ✓ Use a logbook or app to track your insulin doses and blood sugar.
- ✓ Keep a snack or glucose tabs with you in case of low blood sugar, especially for car travel.

Call your care team with any questions.

## Follow-Up



Your care team may ask you to contact them in 1-2 weeks with this information:

- Daily fasting and pre-meal blood sugar readings.
- Daily fast-acting insulin doses.

LEARN MORE about recognizing and treating low blood sugar

[michmed.org/vQDnB](https://michmed.org/vQDnB)



## Call the Office:



- If your blood sugar is less than 70 mg/dL. *Treat the low, then call. Low blood sugar can be dangerous.*
- If your blood sugar is consistently above your target range.
- If you have difficulty understanding when or how to take your insulin.
- If you have an illness that affects your ability to eat.
- If you have any scheduled procedures requiring fasting (i.e. colonoscopies, surgery).