Knowing your insulins and pens

Basal insulins

- Insulin Glargine (long acting)
  - **Lantus 3ml penfill vial + Allstar pen**
    (Suggest using goldy/silver)
  - **Lantus Solostar** (Pre-filled & disposable)

- Insulin isophane (intermediate acting)
  - **Protaphane 3mL penfill + Novo4 pen**
    (Suggest using silver)

- **Humulin NPH 3ml penfill+ Humapen Savvio**
  (multiple colour options)

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Mixed insulins

- Insulin aspart with insulin aspart protamine
  - **Novomix30 Flexpen** (Pre-filled & disposable)

- Insulin lispro with insulin lispro protamine
  - **Humalog Mix25** 3mL penfill + Humapen Savio
  - **Humalog Mix50** 3mL penfill + Humapen Savio

Co-formulated insulin

- Insulin degludec with insulin aspart
  - **Ryzodeg 3mL penfill + Novo4 pen**
    (Consider using silver to avoid mixing up with a bolus pen)
    (May prefer blue if moving from Novomix30)

Knowing your insulins and pens

Bolus insulins (Rapid acting)

- Insulin Aspart
  - **Novorapid Flexpen** (Pre-filled & disposable)
  - **Novorapid 3mL penfill + Novo4pen**
    (Suggest using blue)

- Insulin Glulisine
  - **Apidra solostar** (Pre-filled & disposable)
  - **Apidra 3mL penfill + Allstar pen**
    (suggest using blue)

- Insulin Lispro
  - **Humalog 3mL penfill + Humapen Savvio**
    (multiple colour options)