

HUMALOG, MADE SIMPLE

Rapid-acting insulin lispro for meals, corrections, and selected pump plans

Rapid-acting Humalog begins working quickly. Take it only when your meal and glucose plan call for it.	Meal timing matters Standard Humalog is generally used within 15 minutes before eating or immediately after.	U-100 or U-200 Check the concentration. U-200 is pen-only and must never be withdrawn into a syringe.
Count carbohydrates correctly Use only your prescribed insulin-to-carbohydrate ratio and correction factor.	Prevent insulin stacking Do not repeat correction doses too soon unless your written plan specifically instructs it.	28-day in-use limit Most in-use Humalog pens and vials are discarded after 28 days; verify your exact device label.

MOST IMPORTANT

Humalog is rapid-acting insulin. Match it to your meal and glucose plan. Standard Humalog is usually given within 15 minutes before a meal or immediately after a meal. Confirm U-100 versus U-200 and never transfer insulin from a pen into a syringe.

Meal and correction safety

Confirm the meal is available before dosing. If you cannot eat, vomit, or the meal is delayed after injecting, treat according to your hypoglycemia plan and contact the care team.

Low blood sugar

Risk increases with delayed or smaller meals, extra activity, alcohol, kidney changes, or overlapping correction doses. Carry fast carbohydrate and know where glucagon is stored.

Pens, vials, and pumps

Use the device and concentration prescribed. Pump users must follow pump-specific reservoir, infusion-set, temperature, and backup-injection instructions. Never use U-200 in a pump.

Missed mealtime dose

The correct action depends on when you remembered, whether you ate, current glucose, CGM trend, and active insulin. Do not guess or double; use your written plan.

Monitoring

Track premeal glucose, postmeal trends when directed, carbohydrate intake, correction timing, activity, and lows.

Storage

Unopened: refrigerate. In-use limits and refrigeration differ by device. Many pens and vials are discarded after 28 days. Do not freeze or expose to heat; remove pen needles after each use.

EMERGENCY WARNING

Call 911 for unconsciousness, seizure, severe confusion, inability to swallow, or a severe allergic reaction. Use prescribed glucagon for severe low blood sugar when available. Seek urgent help for vomiting with ketones or signs of diabetic ketoacidosis.

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Clinically reviewed: July 2026. Based on current Humalog U.S. Prescribing Information and Instructions for Use. This guide provides general education and does not replace individualized instructions from your healthcare team.

MY HUMALOG GUIDE

Simplified refrigerator guide - keep this with your insulin supplies

THE MAIN RULE

Humalog is rapid-acting insulin. Match it to your meal and glucose plan. Standard Humalog is usually given within 15 minutes before a meal or immediately after a meal. Confirm U-100 versus U-200 and never transfer insulin from a pen into a syringe.

My concentration - U-100 or U-200:

My insulin-to-carb ratio:

My correction factor:

My glucose target:

Date opened:

My glucagon location:

MISSED DOSE

Check glucose and CGM trend. Use only your written mealtime/correction plan. Do not take a catch-up dose or repeat a correction too soon.

CALL TODAY

Frequent meal-related lows, repeated high after-meal glucose, vomiting, ketones, trouble calculating carbohydrates, or uncertainty about U-100 versus U-200.

STORAGE AND HANDLING

Write the opening date on the device. Many in-use Humalog pens and vials are discarded after 28 days, but verify the exact device label. Never freeze.

GET URGENT HELP

Call 911 for unconsciousness, seizure, severe confusion, inability to swallow, or a severe allergic reaction. Use prescribed glucagon for severe low blood sugar when available. Seek urgent help for vomiting with ketones or signs of diabetic ketoacidosis.

LOW BLOOD SUGAR - RULE OF 15

If glucose is below 70 mg/dL and you can swallow safely: take 15 grams of fast carbohydrate, wait 15 minutes, and recheck. Repeat if still low. For severe low blood sugar, inability to swallow, seizure, or unconsciousness: use glucagon if available and call 911.

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