

Humalog (insulin lispro) basics

Lowers blood sugar. Humalog (insulin lispro) is a fast-acting insulin that controls blood sugar around meal times.

What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
Humalog (insulin lispro) Drug effectiveness					
Possible side effects					
Low blood sugar†					
Accumulation of fat†					
Weight gain†					
Swelling in the limbs†					
Allergic reaction†					
Headache 12% chance					

† Data on frequency of side effects is not available.

Tips from pharmacists

- Inject 5 to 10 minutes before a meal. Its blood sugar lowering effect lasts for up to 5 hours so be careful with any changes in your diet or exercise habits.
- Draw Humalog (insulin lispro) into the syringe first when mixing it with another type of insulin like insulin NPH.
- Don't shake the vial. Store unopened vials in the refrigerator. Opened vials are good at room temperature for 28 days.
- Check your blood sugar levels regularly.
- Teach yourself and your family members how to recognize and treat the symptoms of low blood sugar. Always have a good source of sugar nearby for low blood sugar episodes.
- Rotate site of injection to prevent hard lumps from developing.

Risks and warnings

Contact your doctor if you experience any of these.

Life-threatening low blood sugar (hypoglycemia)

Very low blood sugar is life-threatening. Understand the signs of low blood sugar such as fast heartbeat, sweating, pale skin, feeling shaky, confusion or irritability. Make sure you have access to easy sugar sources to treat low blood sugar.

Complications due to low potassium

Insulin products can affect the amount of potassium available in your body. Your doctor will likely monitor potassium levels, especially if you're using other medications that can lower your levels. Low potassium may cause irregular heartbeats, difficulty with breathing, and death if left untreated.

Severe allergic reactions

There is a possibility that Humalog (insulin lispro) can cause severe and life-threatening allergies. Get help right away if you experience any trouble breathing or rash after use.