
primary studies - published RCT

Postprandial ultra-fast insulin versus mealtime fast-acting insulin in adults with cystic fibrosis-related diabetes: A randomized multicentre crossover trial.

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Study design (if review, criteria of inclusion for studies)

Open-label, multicentre, randomized phase IV crossover trial with a two-sequence, four-period design.

Participants

38 Adults with cystic fibrosis-related diabetes (CFRD); mean age: 33 ± 11 years; 56% receiving CFTR modulators

Interventions

Postprandial administration of ultra-fast-acting insulin (PP-UFI) vs standard mealtime fast-acting insulin (MT-FI).

Outcome measures

Glycaemic control. The primary endpoint was time in range (TIR: 70-180 mg/dL).

Main results

Baseline TIR was 74% [68-83], time below range (

Authors' conclusions

These findings support the potential of postprandial ultra-fast-acting insulin as a flexible treatment option for adults with CFRD.

<http://dx.doi.org/10.1016/j.diabres.2026.113544>

See also

Diabetes Res Clin Pract. 2026 Sep 1:113544. doi: 10.1016/j.diabres.2026.113544.

Keywords

Diabetes Mellitus; Gastrointestinal Diseases; Hypoglycemic Agents; Insulin; Oral; Pancreatic Diseases; pharmacological_intervention;