



Diabetes and Ramadan

Guide to a safe fast

THE MONTH OF RAMADHAN *[is that] in which was revealed the Qur'an, a guidance for the people and clear proofs of guidance and criterion. So whoever sights [the new moon of] the month, let him fast it; and whoever is ill or on a journey - then an equal number of other days. Allah intends for you ease and does not intend for you hardship and [wants] for you to complete the period and to glorify Allah for that [to] which He has guided you; and perhaps you will be grateful.*

Chapter (2) sūrat I-baqarah (The Cow), Verse (2:185)



Before deciding to fast, please read this guide and consult your doctor or diabetes management team



KNOW YOUR POTENTIAL RISK WHILE FASTING

Low blood sugar HYPOGLYCAEMIA



Sweating, shaking

Fast pulse, heart rate

Irritability, anxiety



Dizziness



Tingling of the lips



Fatigue

High blood sugar HYPERGLYCAEMIA



Extreme tiredness

Increased thirst

Headache



Blurred vision



Fruity-scented breath



Going to the toilet more often

DEHYDRATION

Increased thirst

Not going to the toilet as often

Dry mouth, lips and skin

DIABETIC KETOACIDOSIS

Fruity-scented breath

Dryness of mouth

Excessive thirst

UNDERSTAND YOUR RISK CATEGORY*

MEDICAL & RELIGIOUS RISK SCORE RECOMMENDATIONS

Risk score/level	Medical Recommendations	Religious Recommendations
LOW RISK 0-3 points	Fasting is probably safe 1. Medical Evaluation 2. Medication adjustment 3. Strict monitoring	1. Fasting is obligatory 2. You are advised to fast, unless you are unable due to the physical impact of fasting or having to take medication, food or drink during fasting hours
MODERATE RISK 3.5-6 points	Fasting safety is uncertain 1. Medical Evaluation 2. Medication adjustment 3. Strict monitoring	1. Fasting is recommended, but you can choose not to fast if you are concerned about your health after consulting your doctor and taking into account your full medical circumstances and previous experience 2. If you choose to fast, you must follow medical recommendations, including regular blood glucose monitoring
HIGH RISK >6 points	Fasting is probably unsafe	Advise against fasting

*Pregnant and breastfeeding women have the right to not fast regardless of whether they have diabetes.

Whatever category you fall under, **consult your doctor before deciding to fast.**

CONSULT YOUR DOCTOR BEFORE FASTING

Treatment plan

- Check if you need to adjust the timing, dose or type of your medication

Diet modification

- Divide daily calories between Suhoor and Iftar + 1-2 snacks
- Consume high-fibre foods
- Eat plenty of fruits, vegetables and salads
- Drink fluids between sunset and sunrise

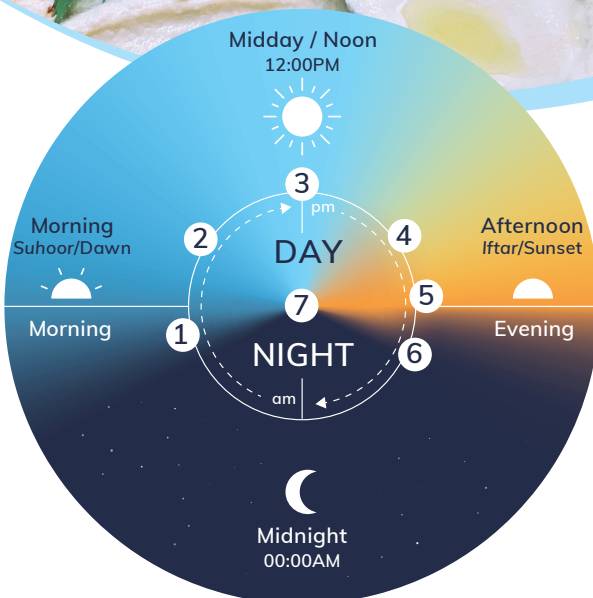
Avoid in excess

- Caffeinated drinks
- Sweetened drinks
- Sugary desserts



IMPORTANCE OF BLOOD GLUCOSE MONITORING

Changes in eating habits during Ramadan may affect your blood glucose levels and therefore it is important to check them frequently.



WHEN TO TEST?

1. Pre-dawn meal (suhoor)
2. Morning
3. Midday
4. Mid-afternoon
5. Pre-sunset meal (iftar)
6. 2-hours after iftar
7. At any time when you have symptoms of low or high blood glucose or are feeling unwell



STOP FASTING WHEN:

- o Blood glucose is below **70mg/dl, 3.9mmol/L**
- o Blood glucose is above **300mg/dl, 16.6 mmol/L**

It is important to measure blood glucose again after 1-2 hours.

QUICK TIPS

- o Consult your doctor if you plan to fast to learn your risk.
- o Check your blood glucose levels more often.
- o Drink plenty of water during non- fasting period to avoid dehydration during fasting time.
- o During *Iftar*, drink sugar-free and decaffeinated drinks to avoid dehydration.
- o To avoid problems during *Taraweeh*, eat starchy foods (eg. rice, pasta, beans) with z and drink plenty of water.
- o Eat a varied and balanced diet throughout Ramadan.
- o If you feel unwell, immediately break your fast. Make sure to always have your medication with you.
- o Visit your doctor after Ramadan.

WHAT DOES NOT BREAK YOUR FAST?



Blood glucose monitoring



Injecting insulin

Consult your doctor for more information.

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