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 l-baqarah (The Cow), Verse (2:185)
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
- Sweating, shaking
- Fast pulse, heart rate
- Headache
- Dizziness
- Increased thirst
- 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*

<table>
<thead>
<tr>
<th>Risk score/level</th>
<th>Medical Recommendations</th>
<th>Religious Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOW RISK 0-3 points</td>
<td>Fasting is probably safe 1. Medical Evaluation 2. Medication adjustment 3. Strict monitoring</td>
<td>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</td>
</tr>
<tr>
<td>MODERATE RISK 3.5-6 points</td>
<td>Fasting safety is uncertain 1. Medical Evaluation 2. Medication adjustment 3. Strict monitoring</td>
<td>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</td>
</tr>
<tr>
<td>HIGH RISK &gt;6 points</td>
<td>Fasting is probably unsafe</td>
<td>Advise against fasting</td>
</tr>
</tbody>
</table>

*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

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

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.

CONSULT YOUR DOCTOR BEFORE FASTING

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STOP FASTING WHEN:
- Blood glucose is below 70mg/dl, 3.9mmol/L
- Blood glucose is above 300mg/dl, 16.6 mmol/L

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

QUICK TIPS
- Consult your doctor if you plan to fast to learn your risk.
- Check your blood glucose levels more often.
- Drink plenty of water during non-fasting period to avoid dehydration during fasting time.
- During Iftar, drink sugar-free and decaffeinated drinks to avoid dehydration.
- To avoid problems during Taraweeh, eat starchy foods (eg. rice, pasta, beans) with 2 and drink plenty of water.
- Eat a varied and balanced diet throughout Ramadan.
- If you feel unwell, immediately break your fast. Make sure to always have your medication with you.
- 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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