



Ramadan and Diabetes

Guide to a safe fast

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

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)



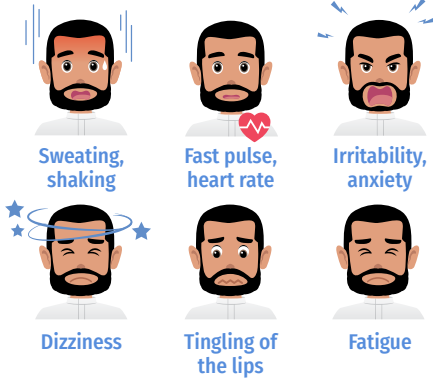
**International
Diabetes
Federation**



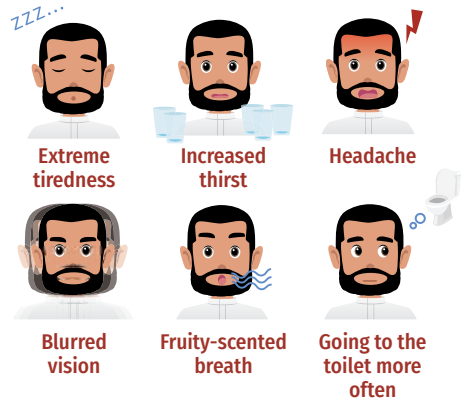
Know your potential risk while fasting



Low blood sugar
(Hypoglycaemia)



High blood sugar
(Hyperglycaemia)



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

CATEGORY 1 Very High Risk

MUST NOT FAST

If you have one or more of the following:

- Severe and repeated low blood glucose events three months before Ramadan
- Diabetic ketoacidosis
- Kidney problems
- Poorly controlled type 1 diabetes
- Acute illness
- Pregnancy
- Heart problems
- Old age with ill health

CATEGORY 2 High Risk

SHOULD NOT FAST

If you have one or more of the following:

- Poorly controlled type 2 diabetes
- Type 1 or type 2 diabetes treated with single or multiple insulin injections
- Pregnancy
- Kidney problems, other complications of diabetes or other diseases
- A physically demanding occupation
- Treatment with drugs that may affect mental function

CATEGORY 3 Moderate/Low Risk

Decision to use license **not to fast** based on discretion of medical opinion and your ability to tolerate fast.

If you have well-controlled type 2 diabetes treated with one or more of the following:

- Lifestyle therapy
- Tablets and injectable medicines such as insulin

Whichever 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

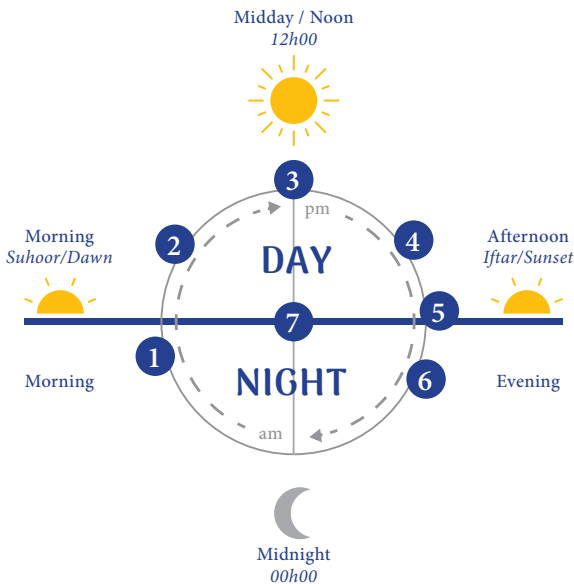
- ◆ Divide daily calories between Suhoor and Iftar + 1-2 snacks
- ◆ Consume high-fibre foods
- ◆ Eat plenty of fruits, vegetables and salads
- ◆ Drink fluids between sunset and sunrise

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:

- ◆ 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 Iftar 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

idf.org/diabetesandramadan



**International
Diabetes
Federation**

