



FASTING WITH DIABETES DURING RAMADAN

The holy month of Ramadan can vary in length of fast depending on which month it falls. When Ramadan falls in the summer months the fasting period can be lengthy and up to 22 hours. In Islam you may be exempt from fasting if you have diabetes. Managing you medication and diabetes can be challenging. This leaflet provides some tips on preparing for Ramadan for those with Type 2 Diabetes. Those who are unsure about fasting should always seek advice from your healthcare professional.



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MEDICATION

Medication may have to be adjusted during Ramadan especially if they are more likely to cause low blood sugar levels. Medication should not be stopped and any changes should be discussed with your healthcare professional.

Those who are on certain medication can be at risk of low blood sugar levels (hypoglycaemia). This can include insulin and a group of tablets called sulphonylureas.

Too much adjustment of your medication and/or your diet can lead to high sugar levels (hyperglycaemia) and dose adjustments should be made after consultation with your healthcare professional.

If you are on insulin and decide to fast you must not stop your insulin but will have to have the dose adjusted after advice from a healthcare professional.

YOU CAN USE THE TABLE BELOW TO NOTE ANY CHANGES MADE TO YOUR MEDICATION:



CURRENT TREATMENT	DURING RAMADAN
	Sehri (morning)
	Iftari (evening)

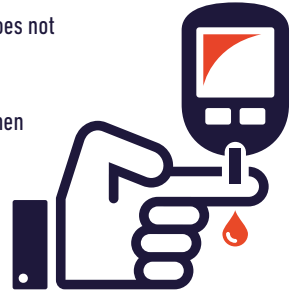


BLOOD SUGARS

Blood sugars should be tested regularly during the fasting period and this does not constitute breaking the fast.

If blood sugars fall below 3.9 mmol/l or go above 16.7 mmol/l at any point then you should break your fast and consult a healthcare professional.

You can treat hypoglycaemia (blood sugars <4.0 mmol) with a fast acting glucose e.g. a small can of sugared fizzy drink, 5 glucose tablets or a small glass of fruit juice.



DIET

To avoid dehydration ensure you keep well hydrated especially during the warmer summer period. Aim for 2 litres of water daily

Try to not overindulge and avoid fried food (samosas, pakoras)

Try to eat starchy food as this will release energy slowly. This includes: chappatis, rice, oat based cereals, grains, seeds, beans and pulses.

Foods which are high in sugar should be minimised. Have plenty of vegetables and occasionally fresh fruit.



EXERCISE

Light/moderate exercise is encouraged in Ramadan.

The taraweeh (night prayer) is considered to be part of an individual's exercise regime as it entails standing, sitting, bowing and prostrating.

Excessive or strenuous exercise should be avoided during Ramadan.

If you fast ensure you are doing so safely and if your health worsens during this period you must consider it is against the spirit of Islam. You can compensate by paying fidyah or paying alms to the poor. Your ability to fast with diabetes may change one year to the next so a decision to fast should be revisited annually.



Eid Mubarak

These materials were developed by Alia Gilani on behalf of the South Asian Health Foundation.

Printing and distribution has been funded by MSD



DIAB-1253590-0000 • Date of preparation - April 2018



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 www.sahf.org.uk

 @SouthAsianHF

 info@sahf.org.uk