

Managing Your Diabetes during Ramadan

Your treating doctor will decide if it is possible for you to fast safely during Ramadan or not. Please consult your doctor if you wish to fast.

These are general guidelines:

1. To fast safely, careful planning and constant monitoring of your blood glucose are essential in order to avoid the associated complications of low or high blood sugar.
2. Glucose control (medical and dietary counseling is important):
 - a. Follow a controlled diet for diabetics.
 - b. Plan your daily activities and exercises.
 - c. Adjust your medication.
3. Do not overeat at Iftar and/or Suhur meals.
4. Have a short nap in the afternoon.
5. Drink plenty of water. Medical counseling is crucial in case you have kidney or heart problems.
6. Fasting helps control blood sugar level for type 2 patients who are treated by diet and oral medication.
7. Type 2 diabetics who are free of diabetes-associated complications can fast safely under doctor's observation.
8. Insulin-requiring patients with type 2 diabetes who take more than one insulin injection can fast provided that doses and timings of injections are adjusted as per the doctor's advice.
9. Take your other prescribed medications such as anti-hypertensive, anti-cholesterol and heart medications regularly.

Patients who are NOT advised to fast:

- Patients with type-1 diabetes, with some exceptions.
- Women with gestational diabetes, especially those who are on insulin.
- Diabetic patients who are unaware of hypoglycemic episodes because their disease is advanced, they are used to low glucose levels, or due to them taking other medications.

Developed by the Diabetic Center / Tawam Hospital

For inquiries and more information: Please do not hesitate to contact
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The information contained in this pamphlet is designed for educational and informational purposes only. It should not be used as a substitute for the advice of a professional health care provider.

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