

Diabetes and Ramadan Practical Guidelines



Zulekha Hospital
Your Health Matters



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Outlines:-

- ✓ **Diabetes and Ramadan guidelines, we had to prepare our patients for safe fasting during Ramadan.**
- ✓ **Diabetes and Ramadan activities in Zulekha hospitals**
- ✓ **What is next.**

INTRODUCTION

Fasting during Ramadan –one of the five pillars of Islam.

Fasting for a month
from dawn to sunset

Fasting involves
refrain from
intake of



Food



Liquids

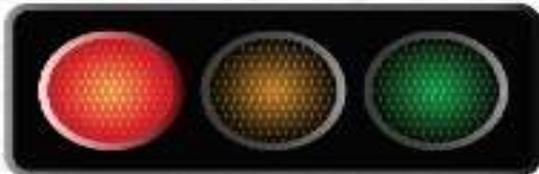


Oral Medications

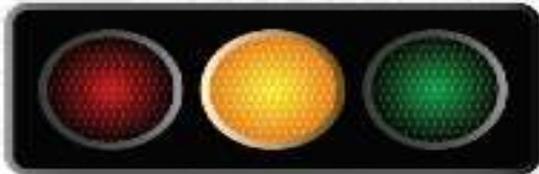
Can all Diabetic patients fast ???



Categories of Risks for Fasting



Category 1: very high risk
Listen to medical advice
MUST NOT fast



Category 2: high risk
Listen to medical advice
Should NOT fast



Category 3: moderate/low risk
Listen to medical advice
Decision to use licence not to fast
based on discretion of medical
opinion and ability of the
individual to tolerate fast

Diabetes Management during Ramadan

???

INDIVIDUALIZED MANAGEMENT



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Individualisation of treatment is key to the management of diabetes during Ramadan

- Despite the risks, many people with diabetes will fast during this month
- Most patients with T2DM can do so safely as long as medical advice is sought and followed prior to and during fasting



SMBG, self-monitoring of blood glucose.

All individuals seeking to fast should attend a pre-Ramadan visit 6-8 weeks before Ramadan

Pre-Ramadan diabetes education should focus on six key areas



When to break the fast???



Key risks associated with Ramadan fasting in patients with diabetes¹

Hypoglycaemia
<70 mg/dL
(3.9 mmol/L)

Hyperglycaemia
>300 mg/dL
(16.7 mmol/L)

Diabetic
ketoacidosis

Dehydration
and thrombosis

RISKS

Diabetes & Ramadan
International Alliance

Plan for a typical healthy day ???



Tips to be followed

&- Take Iftar as early as possible.

&- Take Suhour as late as possible and to not escape.

&- Follow healthy and balanced diet and snacks between meals.

&- Take medication as prescribing.

&- Check blood sugar as recommended and act on the reading

&- Do exercise between Iftar and Suhour and avoid exercise or heavy activities during fasting.

&-BREAK the fasting immediately if there is any complication and to report to Health care team.

&- Drink enough plenty of water between Iftar and suhour.

&-Do not be exposed to heat or stress during fasting.

&- A void sleeping at Evening time before Iftar.

Diabetes and Ramadan activities 2024



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Thank You

ID
Diabetes
Interna



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