

## Patient Information Leaflet



## Ramadan & Type 2 Diabetes



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# Ramadan & Type 2 Diabetes

Ramadan is a special religious time for practising Muslims and one of the 5 pillars of Islam. According to the Holy Quran if you have a medical condition like Diabetes then you may be exempt from fasting. If you have Type 2 Diabetes then seek advice from a medical professional, ideally a few weeks before Ramadan, whether it would be safe for you to fast. If you decide to fast and your health worsens you must consider breaking your fast as it is against the spirit of Islam.

Those who are exempt from fasting can still participate in Ramadan by paying Fidyah or alms to the poor and taking part in other charitable acts.

## Dietary Advice

- Use Ramadan as an opportunity to make healthier food choices
- Keep well hydrated and drink plenty of water
- Avoid fried food e.g. pakoras, samosas
- Minimise sugary foods
- Try to eat sahoor (morning meal) as late as possible
- Minimise consumption of caffeine
- Try to have plenty of fresh fruit and vegetables/salads
- Try to consume high fibre and starchy foods as this will release energy slowly. This includes: chappatis, rice, oat based cereals, grains, seeds, beans and pulses
- Do not consume excessive dates as these can be high in sugar
- Speak to your employers about fasting and how they can support your

## Managing Diabetes during Ramadan

- If you are on certain medications like insulin or a sulphonylurea (e.g. Gliclazide), these can cause low blood sugar levels or hypoglycaemia (when blood sugars are below 4.0 mmol/l). If you are taking these medications, then you should have access to a blood glucose monitor
- You should check your blood sugars regularly and by doing so it does not constitute breaking your fast. If blood sugars fall below 3.9 mmol/l or goes above 16.7 mmol/l at any point, then you should break your fast and consult a healthcare professional
- You should treat hypoglycaemia with fast-acting glucose e.g. a small can of sugared fizzy drink, 5 glucose sweets or a small glass of fruit juice



### \*Medication dose adjustments to be made with a healthcare professional

Current Medication	During Ramadan
	<b>Sahoor (Morning)</b>
	<b>Iftari (Evening)</b>

### Tips during Ramadan:

- Light/moderate exercise is encouraged in Ramadan e.g. walking
- The taraweeh (night prayer) is considered to be a part of an individual's exercise regime