

# Ramadan and Diabetes

What you need to know to fast safely



## How Fasting Can Affect Diabetes

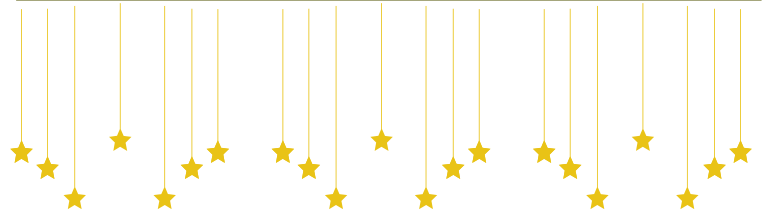
- Fasting factors that can impact glucose
  - changes in meal times
  - different food choices
  - changes in sleep patterns
  - not drinking enough fluids
  
- Fasting may increase the risk of
  - low glucose
  - high glucose
  - dehydration
  - low blood pressure
  
- If you are planning to fast it is important to
  - see your doctor or diabetes educator 4-8 weeks before Ramadan
  - develop a safe fasting plan with your doctor or diabetes educator
  - check your glucose more often during fasting
  - know when to stop fasting
  - know the signs of low glucose
  - know how to treat a low glucose
  - know diabetes sick day guidelines
  - know how to safely adjust your diabetes medications while fasting



## When Should I Check My Glucose?

1. Pre-dawn meal (Suhoor)
2. Morning
3. Midday
4. Mid-afternoon
5. Pre-sunset meal (Iftar)
6. Two hours after Iftar
7. When you feel unwell

Suggested to check 2-5 times per day while fasting



## Stop Fasting When

- ♥ Glucose level less than 4.0 mmol/L  
Treat low glucose and retest in one hour
- ♥ Glucose level higher than 14.0 mmol/L
- ♥ You feel unwell or light headed.  
Follow diabetes sick day guidelines
- ♥ Advised by a healthcare professional

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### Exemptions to Fasting

1. Children before puberty
2. Pregnant women
3. Breastfeeding women
4. Women during menses
5. Illness
6. Travel during Ramadan
7. Elderly or Frail
8. Medical exemption

### Safe Fasting Tips

- ✦ Choose lower fat, non-fried foods more often
- ✦ Consume high-fibre foods
- ✦ Eat fruit in moderation, focus on eating vegetables or salads with each meal
- ✦ Drink plenty of water from sunset to sunrise to avoid dehydration
- ✦ Limit caffeinated or sweetened drinks and sugary desserts
- ✦ Light-moderate exercise only

### Suggested Medication Adjustments During Fasting for People with Type 2 Diabetes

Adapted from IDF-DAR Ramadan and Diabetes Practical Guidelines 2021

1. Metformin	<ul style="list-style-type: none"> <li>• Once daily - Take at Iftar</li> <li>• Twice daily - Take at Iftar and Suhoor</li> <li>• Three times daily - Take morning dose at Suhoor, combine Lunch dose with Iftar dose</li> </ul>
2. Sulfonylurea (Diamicon/Gliclizide)	<ul style="list-style-type: none"> <li>• Once daily - reduce dose in well controlled diabetes, take at Iftar</li> <li>• Twice daily - reduce Suhoor dose by half, usual dose at Iftar</li> </ul>
3. Acabose, TZD GLP-1, SGLT2, DPP4	<ul style="list-style-type: none"> <li>• No change in dose. Take at Iftar, drink extra fluids to maintain hydration with SGLT2</li> </ul>
4. Insulin	<ul style="list-style-type: none"> <li>• Speak with your doctor or diabetes educator to discuss if changes in dose or timing of insulin needs to be made</li> </ul>

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