

Ramadan and Diabetes

What you need to know to fast safely

How Fasting Can Affect Diabetes

- Changes in meal times, food choices and sleep patterns can impact glucose levels. It is important to check your glucose more often during fasting
- Fasting may increase the risk of low or high glucose levels, dehydration or low blood pressure levels
- Consult your doctor or diabetes educator 4-8 weeks prior to Ramadan to understand your risk and create a safe fasting plan

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. Anytime you don't feel well

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 ill or feel faint. Follow diabetes sick day guidelines

♥ Advised by a healthcare professional

Safe Fasting Tips

- ✦ Check your safe fasting plan to know when to adjust timing, dose or type of medications
- ✦ Consume high-fibre foods
- ✦ Eat plenty of fruit, vegetables and salads
- ✦ Drink plenty of water from sunset to sunrise to avoid dehydration
- ✦ Limit caffeinated or sweetened drinks and sugary desserts
- ✦ Light-moderate exercise only