

TIPS TO FOLLOW DURING RAMADAN:

- Visit the doctor to check and protect your health and if the doctor advises not to fast, you will get the same thawab (reward) if you use your license.
- Blood sugar measurement and insulin injection does not break the fast and is important. It is important to know what your sugar levels are and insulin may be necessary to control the high sugar levels.
- Follow the Sunna by avoiding excessive eating.
- Have the Iftar as early as possible and suhoor as late as possible.
- When the month of Ramadan ends, avoid over-eating of food (especially sweets) during Eid-ul-Fitr, as it may lead to high blood sugar.
- Visit your doctor after Ramadan to obtain guidance on changing the medication back to the previous schedule.



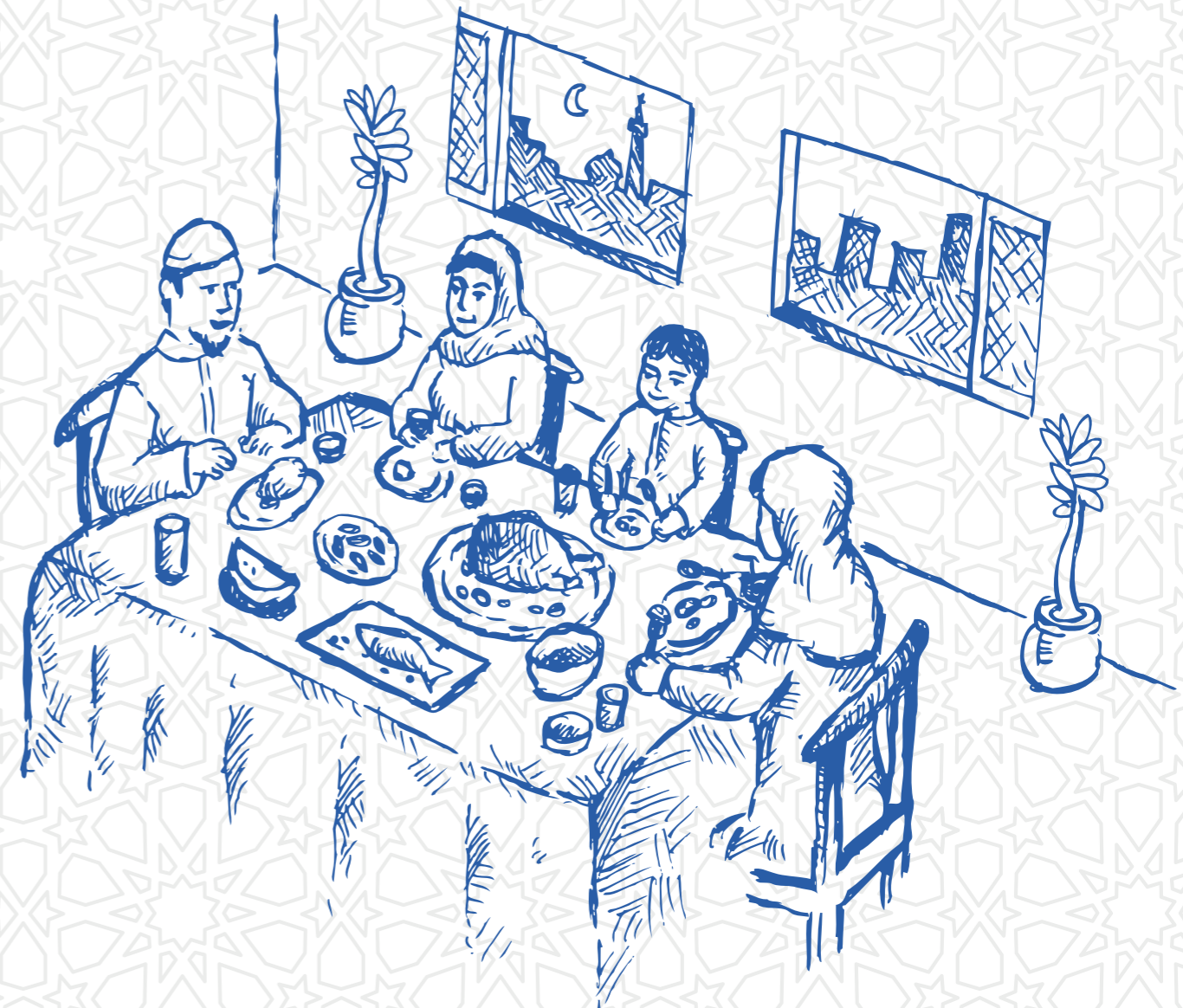
REMEMBER

If you cannot fast, you can make up for missed fasting days by donating food or money to the poor as an alternative. Also you can postpone fasting until a safer time.

Contact your treating physician and speak to your local Imam for more information about this.

DIABETES DURING RAMADAN

Patient Guide



This Patient Guide will provide you with important considerations that need to be taken into account while fasting during Ramadan. Before you choose to fast, please read this leaflet and consult your doctor.

The IDF/DAR Diabetes and Ramadan: Practical Guidelines and patient leaflets have been made possible with the support of Sanofi Diabetes.

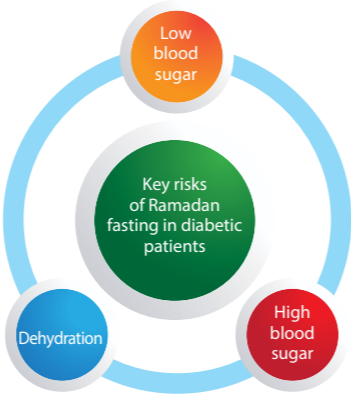
Effect of Ramadan fasting on your body

Fasting during the holy month of Ramadan is an important spiritual practice. However, major changes in your meal schedule and sleep patterns could take place.

If you have diabetes, you may be wondering how Ramadan fasting is associated with certain risks.

During Ramadan, your normal diet changes considerably and you are less active physically during the daytime compared with other times of the year. Moreover, eating large meals, often containing fried and sugary food, can have an impact on your blood glucose control.

Make a time to see a credentialled diabetes educator and dietitian prior to Ramadan to help make a plan for managing your diabetes during Ramadan.



Things to know & do for managing your diabetes during Ramadan

1. Know your risk: As per the Holy Quran, there are groups of people who might make themselves ill by fasting. Based on medical and religious advice, it is recommended to visit your doctor 6-8 weeks before Ramadan to understand your risk category before deciding to fast.

If you have one or more of the following:

- Severe and repeated low blood sugar or kidney problems 3 months before Ramadan
- Diabetic ketoacidosis
- Kidney problems
- Poorly controlled Type1 diabetes
- Acute illness
- Pregnancy
- Heart problems
- Old age with ill health

Category 1: very high risk

MUST NOT fast

If you have one or more of the following:

- Poorly controlled Type 2 diabetes
- Well controlled Type 1 and Type 2 diabetes on insulin
- Pregnancy
- Kidney problems, other complications of diabetes or other diseases
- Performing intense physical labor
- Treatment with drugs that may affect mental function

Category 2: high risk

MUST NOT fast

If you have well-controlled type 2 diabetes treated with one or more of the following:

- Lifestyle therapy
- Tablets and injectable medicines such as insulin and incretin based medicines.

Category 3: moderate/low risk

Decision to use license not to fast based on discretion of medical opinion and your ability to tolerate fast.

Irrespective of which category you fall under, please seek medical advice from your doctor before deciding to fast

2. Frequent self-monitoring of blood sugar: Changes in the eating habits during Ramadan may affect your blood sugar and therefore it is important to frequently check your blood glucose level. People with very high or high risk (even if not fasting)

- Check blood glucose levels 3-4 times a day

People with moderate or low risk

- Check blood glucose levels 1-2 times a day

3. Medication adjustments during fasting: Talk to your doctor about the adjustments required to the dose, timing or type of medication in order to reduce the risk of low blood sugar. For additional information please log on to www.daralliance.org

4. When to break the fast?

- All patients should break the fast if:
- Blood glucose < 3.9 m mol/L re-check within 1 h if blood glucose 5.0 - 3.9 m mol/L
 - Blood glucose >16.6 m mol/L*
 - Symptoms of hypoglycemia, hyperglycemia, dehydration or acute illness occur

*Consider individualization of care.

5. Exercising in Ramadan: Perform regular light-to moderate exercise. Rigorous exercise is not recommended during fasting because of the increased risk of low blood sugar and/or dehydration. Physical exertions involved in Tarawih prayers, such as bowing, kneeling and rising, should be considered part of your daily exercise activities.



6. Meal planning: You can follow the below dietary advice during Ramadan:

Divide daily calories between Suhoor and Iftar, plus 2-1 snacks if necessary		
• Ensure meals are well balanced <ul style="list-style-type: none">• 45-50% carbohydrate• 20-30% protein• <35% fat (preferably mono-and polyunsaturated)	<div>Carbohy drate</div> <div>Protein</div> <div>Fat</div>	
• Include high fiber foods that release energy slowly before and after fasting <ul style="list-style-type: none">• E.g. multigrain bread, beans and rice		
• Include plenty of fruit, vegetables and salads		
• Minimize foods that are high in saturated fats <ul style="list-style-type: none">• E.g. ghee, samosas, pakoras		
• Avoid eating excessive desserts. You may replace sugary desserts with a moderate amount of healthy dessert, e.g. a piece of fruit.		
• Use small amounts of oil when cooking <ul style="list-style-type: none">• E.g. olive, rapeseed		
• Keep hydrated between sunset and sunrise by drinking water or other non-sweetened beverages		
• Avoid caffeinated and sweetened drinks		