Before deciding to fast, please read this guide and consult your doctor or diabetes management team.

The month of Ramadhan [is that] in which was revealed the Qur’an, a guidance for the people and clear proofs of guidance and criterion. So whoever sights [the new moon of] the month, let him fast it; and whoever is ill or on a journey - then an equal number of other days. Allah intends for you ease and does not intend for you hardship and [wants] for you to complete the period and to glorify Allah for that [to] which He has guided you; and perhaps you will be grateful.

Chapter (2) surat al-baqarah (The Cow), Verse (2:185)
Know your potential risk while fasting

**Low blood sugar (Hypoglycaemia)**
- Sweating, shaking
- Fast pulse, heart rate
- Irritability, anxiety
- Dizziness
- Tingling of the lips
- Fatigue

**High blood sugar (Hyperglycaemia)**
- Extreme tiredness
- Increased thirst
- Headache
- Blurred vision
- Fruity-scented breath
- Going to the toilet more often

**Dehydration**
- Increased thirst
- Not going to the toilet as often
- Dry mouth, lips and skin

**Diabetic Ketoacidosis**
- Fruity-scented breath
- Dryness of mouth
- Excessive thirst

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**Understand your risk category**

**CATEGORY 1**
**Very High Risk**
**MUST NOT FAST**
- Severe and repeated low blood glucose events three months before Ramadan
- Diabetic ketoacidosis
- Kidney problems
- Poorly controlled type 1 diabetes
- Acute illness
- Pregnancy
- Heart problems
- Old age with ill health

**CATEGORY 2**
**High Risk**
**SHOULD NOT FAST**
- Poorly controlled type 2 diabetes
- Type 1 or type 2 diabetes treated with single or multiple insulin injections
- Pregnancy
- Kidney problems, other complications of diabetes or other diseases
- A physically demanding occupation
- Treatment with drugs that may affect mental function

**CATEGORY 3**
**Moderate/Low Risk**
**Decision to use license not to fast based on discretion of medical opinion and your ability to tolerate fast.**

If you have one or more of the following:
- Poorly controlled type 2 diabetes
- Type 1 or type 2 diabetes treated with single or multiple insulin injections
- Pregnancy
- Kidney problems, other complications of diabetes or other diseases
- A physically demanding occupation
- Treatment with drugs that may affect mental function

**Whichever category you fall under, consult your doctor before deciding to fast.**
Consult your doctor before fasting

**Treatment plan**
- Check if you need to adjust the timing, dose or type of your medication

**Diet modification**
- Divide daily calories between Suhoor and Iftar + 1-2 snacks
- Consume high-fibre foods
- Eat plenty of fruits, vegetables and salads
- Drink fluids between sunset and sunrise

**Avoid in excess**
- Caffeinated drinks
- Sweetened drinks
- Sugary desserts

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**Importance of Blood Glucose monitoring**

Changes in eating habits during Ramadan may affect your blood glucose levels and therefore it is important to check them frequently.

**When to test?**

1. Pre-dawn meal (suhoor)
2. Morning
3. Midday
4. Mid-afternoon
5. Pre-sunset meal (iftar)
6. 2-hours after iftar
7. At any time when you have symptoms of low or high blood glucose or are feeling unwell
Stop fasting when:

- Blood glucose is below 70mg/dl, 3.9mmol/L
- Blood glucose is above 300mg/dl, 16.6 mmol/L

It is important to measure blood glucose again after 1-2 hours.

Quick tips

- Consult your doctor if you plan to fast to learn your risk.
- Check your blood glucose levels more often
- Drink plenty of water during non-fasting period to avoid dehydration during fasting time
- During Iftar, drink sugar-free and decaffeinated drinks to avoid dehydration
- To avoid problems during Taraweeh, eat starchy foods (eg. rice, pasta, beans) with Iftar and drink plenty of water
- Eat a varied and balanced diet throughout Ramadan
- If you feel unwell, immediately break your fast. Make sure to always have your medication with you.
- Visit your doctor after Ramadan

What DOES NOT BREAK your fast?

- Blood glucose monitoring
- Injecting insulin

Consult your doctor for more information

idf.org/diabetesandramadan

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International Diabetes Federation
Diabetes & Ramadan International Alliance
SERVIER