

# Managing Diabetes during Ramadan

## Diabetes and Ramadan

Fasting during Ramadan can increase risk of high and low blood glucose for people with diabetes. If you wish to fast during Ramadan, please consult your doctor in advance regarding if it is safe for you to fast and how to fast safely.

Fasting is generally not recommended for people with frequent hypoglycemia, uncontrolled diabetes, serious health conditions such as advanced kidney or heart problems, pregnant or breast feeding.



## How can you fast safely during Ramadan?

### Diet and Hydration

Ensure you take the Sahur(pre-dawn) meal. Slow-digesting carbohydrates such as brown rice or whole grains are preferred choice as they can help sustain blood glucose level during the fasting period.



Avoid or limit glucose intake from desserts and sugary drinks at the Iftar(sunset) meal. Take just 1 or 2 dates to break your fast as it has high glucose content.

Drink 6-8 cups of sugar-free fluids and water during non-fasting hours to prevent dehydration.

### For those consuming Diabetes medications

Always consult your doctor in advance if your insulin and oral diabetes medication need adjustment in dosing and timing for Ramadan.



### Blood Glucose Monitoring

Check your blood glucose more often especially in the first few days of Ramadan fasting (at least 4 times a day and whenever unwell).

- Before Sahur
- 10-11am (mid-day during fasting)
- 3-4pm or before Iftar
- 3hrs after Iftar



### Exercise During Ramadan

Avoid strenuous exercise during fasting hours as it can lead to low blood glucose and dehydration.

You may continue your usual exercises after breaking your fast.



## When should you stop your fast?

Stop your fast if you are experiencing any of the following:

- Symptoms of hypoglycemia or blood glucose is less than 4 mmol/L (treat hypoglycemia immediately)
- Symptoms of hyperglycemia or blood glucose is more than 15 mmol/L
- Feeling unwell (eg. fever, flu, diarrhoea, dehydration)



## Post Ramadan Exercise

Remember to change your diabetes medication back to pre-Ramadan regimen as advised.

Continue your routine blood glucose monitoring.

Avoid over-feasting during the Hari Raya festive celebrations and bazaar.



Contributed by Nursing

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