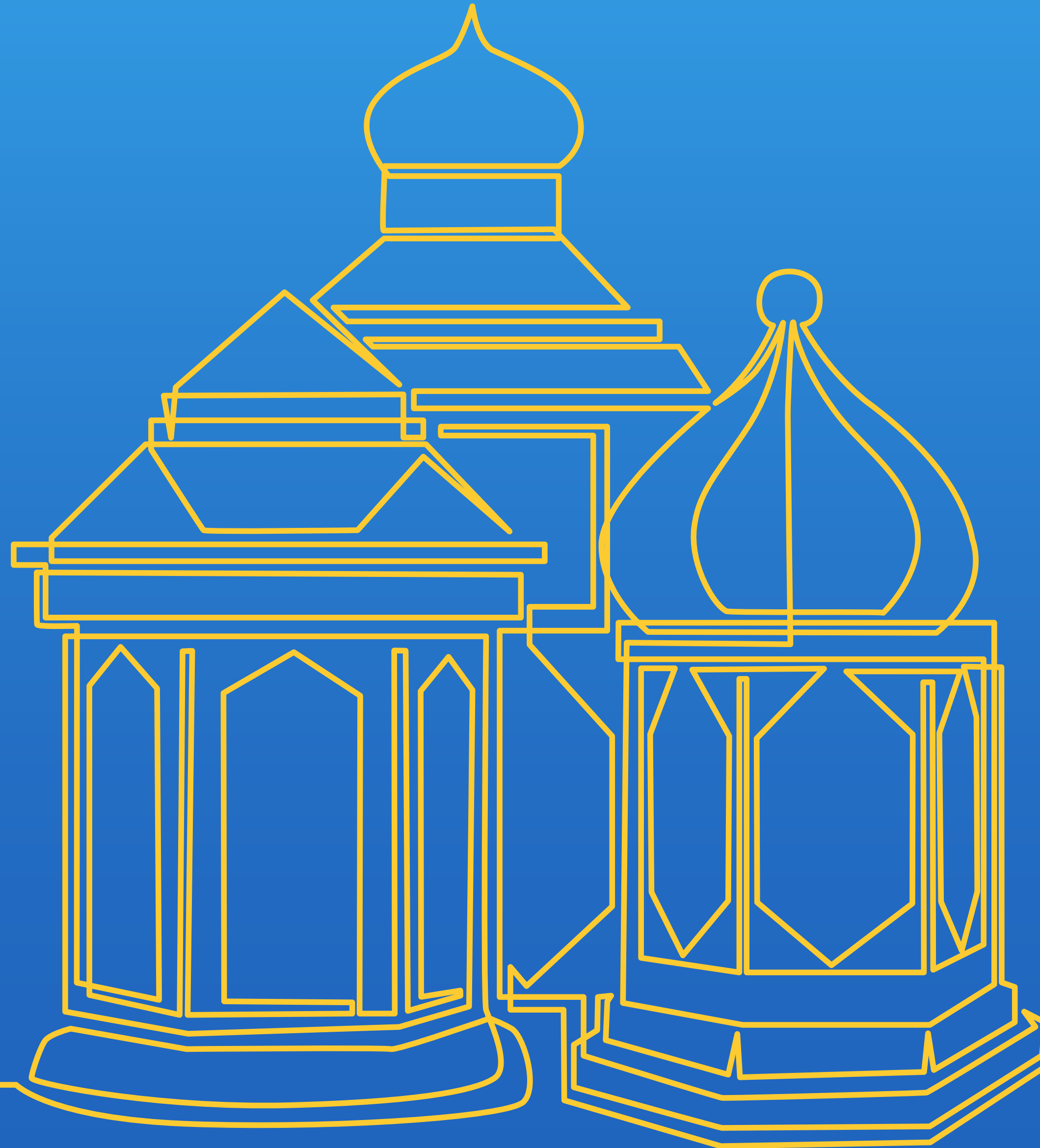


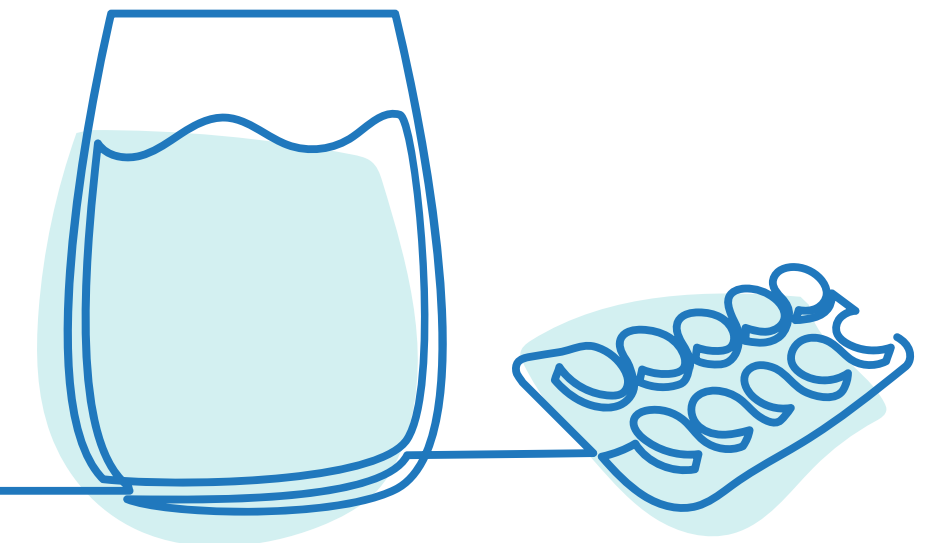
Ramadan & Diabetes





PREPARATION BEFORE RAMADAN

All people with diabetes should visit their doctor 6–8 weeks before the start of Ramadan to discuss all possible changes in diet or medication regimen (e.g. timing, dose or type) to maintain safety during fasting. You may be advised not to fast if it is not safe for you.



RISKS ASSOCIATED WITH FASTING IN PEOPLE WITH DIABETES

It is very important to protect yourself from the below risks during fasting:

- Hypoglycaemia, especially during the late period of fasting before iftar
- Severe hyperglycaemia after each of the main meals
- Dehydration, especially in countries with prolonged fasting hours and hot climates
- Significant weight gain due to increased caloric intake and reduced physical activity

WHEN IS IT ADVISABLE TO BREAK FASTING DURING RAMADAN

All patients should break their fast if:

- Blood glucose < 70 mg/dL (3.9 mmol/L)
- Blood glucose > 300 mg/dL (16.6 mmol/L)
- Symptoms of hypoglycaemia, hyperglycaemia, dehydration or acute illness occur



DIETARY ADVICE FOR PATIENTS WITH DIABETES DURING RAMADAN

- Divide daily calories between suhoor and iftar, plus 1-2 snacks if necessary
- Ensure meals are well balanced
- Include low glycaemic index, high fiber foods that release energy slowly before and after fasting (e.g. wholegrain bread, beans, rice)
- Include plenty of fruit, vegetables and salads
- Minimize foods that are high in saturated fats
- Avoid sugary desserts
- Use small amounts of oil when cooking
- Keep hydrated between sunset and sunrise by drinking water or other non-sweetened beverages
- Avoid caffeinated and sweetened drinks

Please consult your doctor to discuss all possible changes in diet regimen to maintain safety during fasting.

EXERCISE

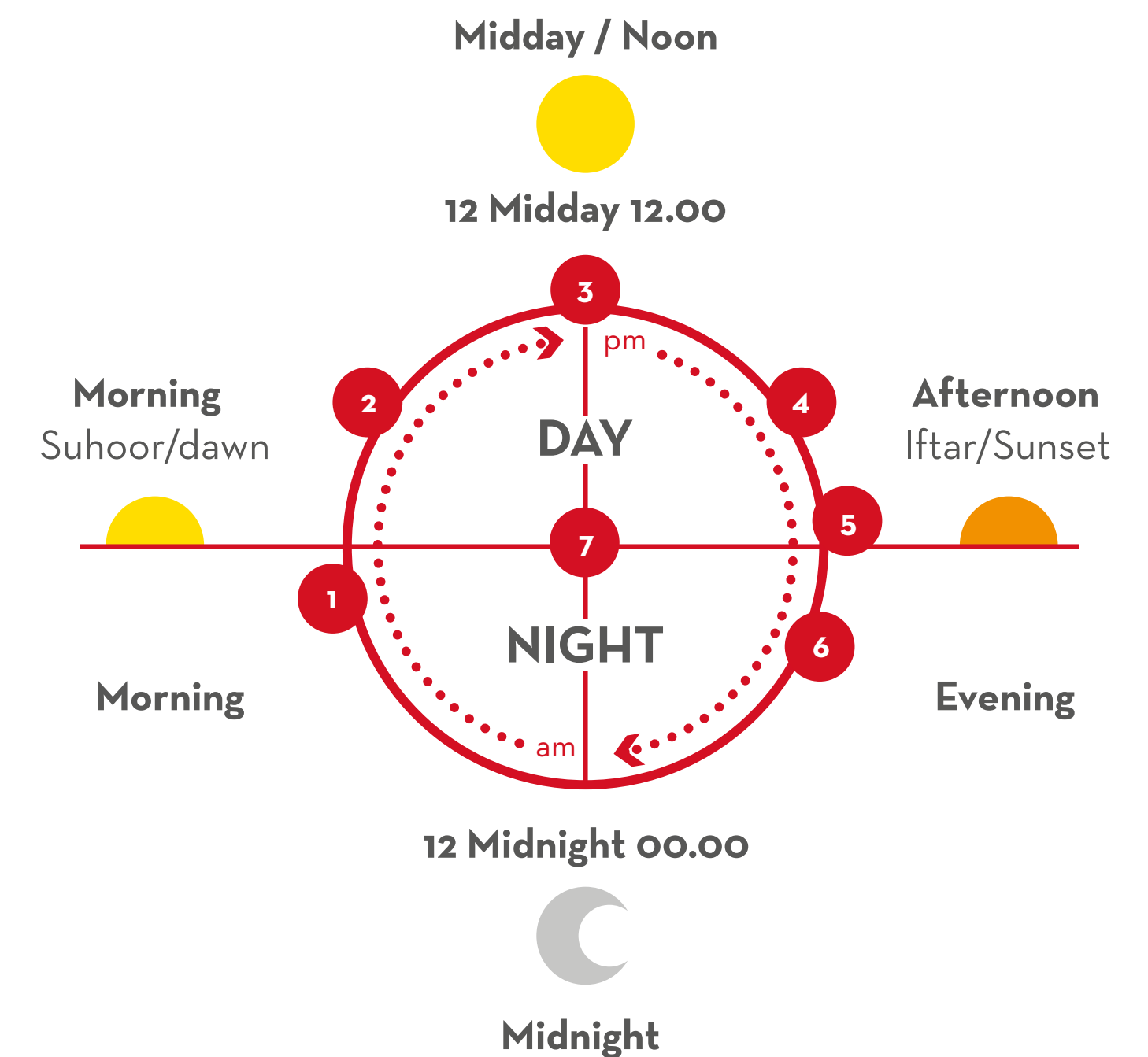
- Regular light-to-moderate exercise is encouraged
- Avoid heavy exercise during fasting hours
- Taraweeh prayers could be considered part of daily exercise
- Check blood glucose level before exercise
- Ensure good fluid intake



RECOMMENDED TIMINGS TO CHECK BLOOD GLUCOSE LEVELS DURING RAMADAN FASTING

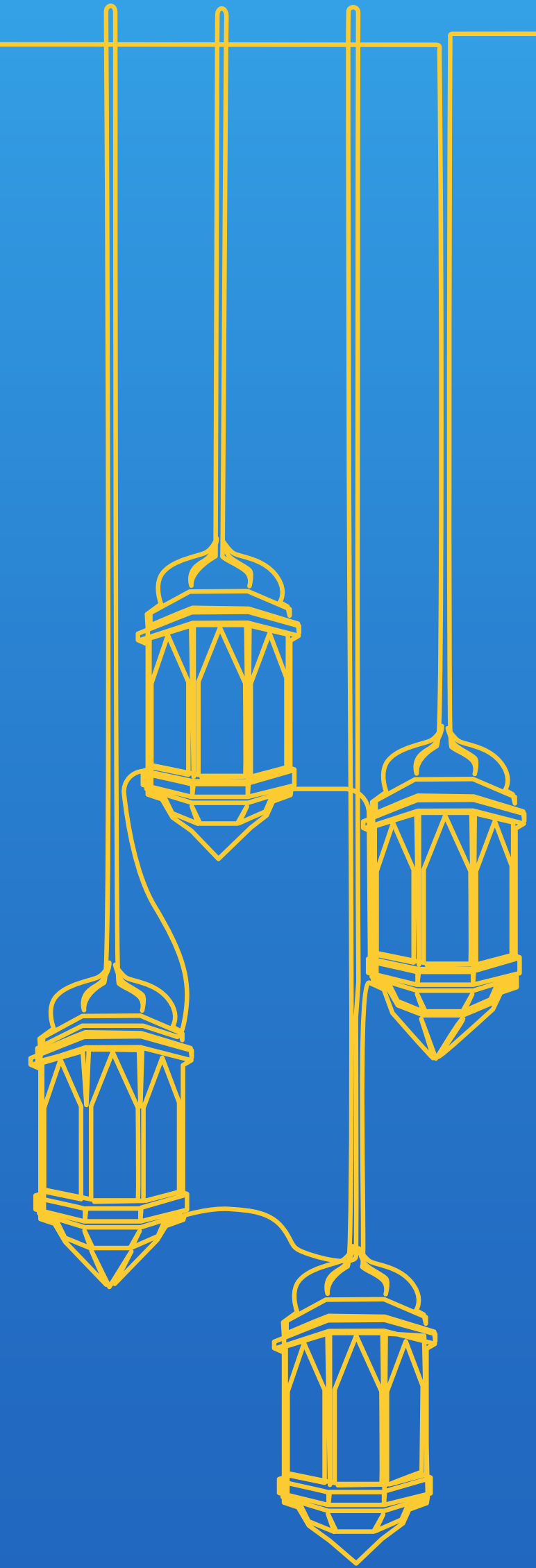
Patients are advised to monitor their blood glucose several times during the day, especially those who require insulin or a Sulphonylurea.

01. Pre-dawn meal (suhoor)
02. Morning
03. Midday
04. Mid-afternoon
05. Pre-sunset meal (iftar)
06. 2-hours after iftar
07. At anytime when there are symptoms of hypoglycaemia/hyperglycaemia or feeling unwell



References:

International Diabetes Federation and DAR International Alliance. Diabetes and Ramadan: Practical Guidelines, Brussels, Belgium: International Diabetes Federation, 2021. Available from: www.idf.org/guidelines/diabetes-in-ramadan



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