



MANAGING YOUR DIABETES DURING RAMADAN

Muslims who fast during Ramadan must abstain from eating, drinking, taking oral medications, and smoking; however there are no restrictions on food or fluid intake between sunset and dawn. Most people consume two meals per day during this month, one after sunset and the other before dawn.

It is important that you speak with your diabetes team about your wish to observe Ramadan. The diabetes team will perform a pre-Ramadan medical assessment (1-2 months before Ramadan) if possible.



During this appointment you will learn about the following:

- Importance of glucose monitoring during fasting and non fasting hours
- To stop the fast if:
 - Your blood glucose is less than 4.0 mmol/L
 - Your blood glucose is higher than 14.0 mmol/L
 - You feel ill
- Meal planning to avoid hypoglycemia and dehydration during fast
- The appropriate meal choices to avoid postprandial hyperglycemia
- Advice on the timing and intensity of physical activity during fasting
- Advice on adjustments of medications (below)



Recommended changes to treatment regimen in patients with type 2 diabetes who fast during Ramadan



Before Ramadan	During Ramadan
Patients on diet and exercise	Consider modifying the time and intensity of physical activity; ensure adequate fluid intake
Patients on oral hypoglycemic agents	Ensure adequate fluid intake
→ Metformin 500 mg, three times daily	Metformin 1,000mg at the sunset meal, 500mg at the predawn meal
→ TZD, DPP-4, GLP-1	No change needed
→ Sulfonylureas once a day	Dose should be given before the sunset meal; adjust the dose based on the glycemic control and the risk of hypoglycemia
→ Sulfonylureas twice a day	Use half the usual morning dose at the predawn meal and the usual dose at sunset meal
Patients on insulin	Ensure adequate fluid intake
→ Premixed or intermediate-acting insulin twice daily	Consider changing to long-acting or intermediate insulin in evening and rapid-acting insulin with meals. Take usual dose at sunset meal and half dose at predawn meal



Reference:

Al-Arouj, M. et al., Recommendations for management of diabetes during Ramadan. Diabetes Care 2010;33:1895-1902