



# DIABETES AND RAMADAN: A GUIDE FOR YOU: PATIENT INFORMATION LEAFLET

**By Dr. Shehla Sajid Shaikh and Dr. Lakshmi Nalini Kopalle**

This leaflet offers 12 key tips to help you manage your diabetes safely and effectively during Ramadan. Remember to discuss these points with your doctor for personalized advice.

## 1. Talk to Your Doctor:

Before Ramadan, schedule a thorough check-up with your doctor. They will assess your overall health, medications, and help you create a personalized plan for fasting. This is the most important step.

## 2. Stratify your risk for fasting:

Discuss your risk level for complications with your doctor. Some people with diabetes may be advised not to fast, especially those with certain health issues. Your doctor will help you understand your specific situation.

## 3. Monitor Your Blood Sugar Regularly:

Check your blood sugar more frequently than usual, especially before Suhoor (pre-dawn meal), during the day (especially 1.00 pm), and before Iftar (evening meal). This will help you identify any highs or lows.

## 4. Adjust Your Medication:

Your doctor may need to adjust the dose or timing of your diabetes medications during Ramadan. Do not change your medication without consulting them.

## 5. Suhoor Smartly:

Eat a healthy and balanced Suhoor. Include complex carbohydrates (like whole grains, oats), fiber-rich foods (like fruits, vegetables), and protein (like eggs, beans). Avoid sugary drinks and processed foods. A good suhoor helps keep your blood sugar stable throughout the day.

## 6. Break Your Fast Carefully:

When you break your fast at Iftar, do so gradually. Start with dates and water, then have a light meal. Avoid overeating, especially sugary and fatty foods.

## 7. Stay Hydrated:

Drink plenty of water between Iftar and Suhoor. This is crucial for preventing dehydration. Carry a water bottle with you and sip on it regularly.

## 8. Be Active, But Don't Overdo It:

Maintain moderate physical activity, but avoid strenuous exercise; activity preferably to be done between iftaar and suhoor. Light activities like walking are generally okay but avoid doing strenuous activity before breaking the fast

## 9. Recognize Hypoglycemia (Low Blood Sugar):

Such as sweating, palpitations, dizziness, shakiness, confusion, or weakness. If you experience these symptoms, check your blood sugar immediately. Pricking your finger does not negate the fast. If it's low, break your fast with something sweet, like juice or dates, and contact your doctor.

## 10. Recognize Hyperglycemia (High Blood Sugar):

Such as increased thirst, frequent urination, blurred vision, or fatigue. If you experience these symptoms, check your blood sugar. If it's high, contact your doctor.

## 11. Seek medical attention:

Pay close attention to how you are feeling. If you experience any concerning symptoms, such as severe dizziness, chest pain, or difficulty breathing, break your fast and immediately seek medical attention.

## 12. Keep a Record:

Maintain a log of your blood sugar readings, food intake, medication, and any symptoms you experience. This information will be helpful for your doctor to adjust your treatment plan.

**FOR MORE INFO VISIT**

<https://endocrinesocietyindia.org/>