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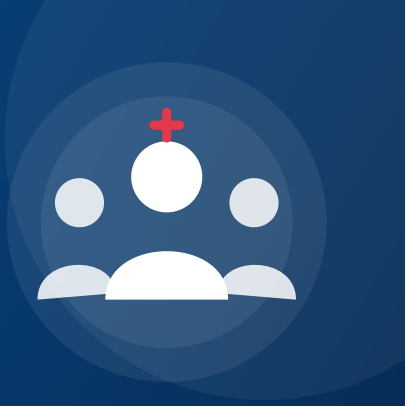
Diabetes and Ramadan Fasting

Fasting safely with diabetes

PATIENT INFORMATION LEAFLET



Many people with diabetes fast safely, but fasting can cause low or high sugar and dehydration. See your doctor 4–6 weeks before Ramadan to plan your medicines and decide whether fasting is safe for you.

1 Before Ramadan

- Have a pre-Ramadan check-up and HbA1c
- Ask how to change your tablet or insulin doses and timings
- Learn when you must break the fast

2 Sehri and Iftar

- Eat Sehri as late as possible
- Choose slow-release foods at Sehri: roti, oats, eggs, yoghurt, daal
- Break the fast with water and 1–2 dates, then a balanced meal
- Limit fried foods (pakoras, samosas) and sugary drinks
- Drink plenty of water between Iftar and Sehri

3 Check your sugar

- Checking sugar does not break the fast
- Test before Sehri, mid-day, before Iftar and if unwell

⚠ When to get medical help

- Break your fast immediately if sugar is below 70 mg/dL
- Break your fast if sugar is above 300 mg/dL
- Break your fast if you feel unwell, confused, faint or very dehydrated

TIP People with Type 1 diabetes, frequent hypos, pregnancy or kidney disease are usually advised not to fast — ask your doctor.

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