



Diabetes and Safe Fasting in Ramadan

- Contact the Diabetes hotline service on 16099 to know how to adjust and when to take your oral hypoglycemic agents and insulin injections during Ramadan.
- Consult your Healthcare team before Ramadan to know your eligibility to fast and change your medication schedule and dosage if necessary.
- Checking blood sugar during Ramadan day does not break fasting.
- You must break fasting if your blood sugar is less than 70mg/dl or if you feel any symptoms of low blood sugar; check your blood sugar. If it's less than 70mg/dL, break the fast.
- You must break your fast and drink plenty of water if your blood sugar exceeds 300 mg/dl.
- Take insulin before Iftar time; it does not break fasting.
- The best time for exercise is during the evening (two hours after the Iftar meal).
- Check blood glucose before exercise.
- Going to Taraweeh Prayers can also be considered part of your daily exercise regimen during Ramadan.
- Drink 8-10 cups of water between Iftar and Sahur meals to avoid dehydration.
- Take the Sahur meal as late as possible before the fasting time starts.
- Check your blood sugar levels twice a day and at any time when there are symptoms of hypoglycemia/ hyperglycemia or feelings of being unwell if you are using oral diabetes medication.
 1. Mid-day
 2. Before Iftar
- Check your blood sugar level twice daily if you are using insulin.
 1. Pre-dawn meal (Sahur)
 2. Morning
 3. Mid-day
 4. Pre-sunset meal (Iftar)
 5. 2 hours after Iftar
 6. At any time when there are symptoms of hypoglycemia/ hyperglycemia or feelings of being unwell

For more information, contact us on:

Diabetes Hotline: 16099 Select Language, and Number **4**, then Number **1**

Diabetes Hotline WhatsApp: 33495775

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