



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي  
King Fahad Hospital The University

# Diabetes and Ramadan



## Can I fast Ramadan?

If you are a diabetic and you want to fast Ramadan, it is recommended to take your physician advice about how to schedule your medicine, because fasting for long hours may:



1. **Decrease glucose levels** after 8 hours from the last meal you take. The body starts consuming the energy to maintain the glucose level, and you will be exposed to the risk of low level of blood sugar if you take insulin or diabetes tablet.

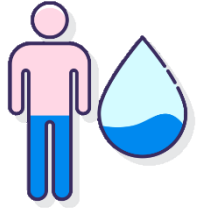


2. **Increase glucose level** for eating too much after breakfast.



## Can I fast Ramadan?

3. **Dehydration** as the faster does not drink water during day hours. This exposes the patient to some implications as: **diabetic ketoacidosis**.



Generally:

If you are diabetic of type 1 or type 2, It's better to visit your doctor for medical advice.



## Could I measure blood sugar level while fasting?

Yes, you can measure your blood sugar while you're fasting, it is recommended to keep you safe from any symptoms of low or high level of blood sugar.



# How many times should I measure my blood sugar level during fasting?

You need to measure your blood sugar periodically, and it is better to be:



When you wake up

At mid-day



2 hours before breakfast

2 hours after breakfast



Before Sahour Meal

2 hours after Sahour



- Also, at any time during fasting hours if you feel hypoglycemia or hyperglycemia symptoms.

## When should I break my Fasting?

You should stop break your fasting in the following cases:

If your blood sugar is 300 mg/dL or higher.



If your blood sugar is less than 70 mg/dL, anytime during the day, in this case you should break your fasting

If you develop any hypoglycemia symptoms



# What are symptoms of hypoglycemia?



Headache

Difficult to concentrate



Unconsciousness

Blurred vision



Rapid heartbeat

Feeling hungry



Sever sweating

Shivering



Dizziness

## What should I eat for Sahour meal?

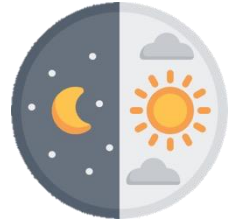
Take a meal rich of carbohydrate as starches (full seeds) because it is absorbed slowly, also eat high-protein and high-fiber legumes, good protein sources, vegetables and fruits, instead of juices.





## When should I eat my Sahour meal?

It is better to be before dawn directly, not at mid-night. That helps you to maintain blood sugar levels during fasting hours.



Advice:

Drink enough water during night hours to compensate the body with adequate fluids and avoid dehydration.



## What types of food should I avoid?

- Fatty foods as fried foods, etc.
- Sugars as juice and sweets
- Diuretic drinks such as caffeine
- Salty foods and pickles



Remember, it's important to:

Avoid overeating



Drink enough water during night hours

Delay Sahour meal as much as possible



Distribute breakfast meal into several small meals

## Could I do exercises during Ramadan?

Avoid sport during fasting periods as well as hours before the Sahour meal, and if you want to exercise, it's recommended that you practice it two hours after breakfast, taking into account to measure the blood sugar level before and after exercise.



References:

Ministry of Health, MOH

Reviewed by:

The content of this booklet was reviewed by  
Endocrinology consultants of Diabetes Center at King  
Fahad Hospital of the University.

## Health Awareness Unit

IAU-20-32



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي  
King Fahad Hospital The University