

Win

Against
Diabetes



Ramadan

Fasting during the month of Ramadan is one of the pillars of Islam and a duty for every Muslim. At Singapore General Hospital, we aim to support you as much as possible in carrying out your religious duty when you have diabetes.

Whilst fasting during Ramadan brings many benefits to diabetes patients (for example weight loss), there are also associated risks.

TIPS FOR SAFE FASTING

Before your fast

- 1. It is essential that those who do not fast due to their medical condition understand that they are indeed rewarded for their deeds and should not feel guilty.**

The religion permits that the missed fast is completed at another time upon recovery or compensating fasting through fidya, a form of donation to the poor, where risk of fasting remains high.*

- 2. Make the decision to fast with the doctor treating your diabetes 2 months before Ramadan**

It is important to discuss fasting with your doctor up to 2 months

before Ramadan as you will need to know:

- How to fast safely
- Whether adjustments to your diabetes medications may need to be made beforehand

Do not self-adjust or stop medications on your own.

- 3. Have a trial run of fasting before Ramadan**

A 'trial run' of fasting before Ramadan (i.e. Puasa Sunat) may be done to identify possible problems during fasting for Ramadan. Please discuss this with your doctor.

**Islamic Religious Council of Singapore (MUIS):*

www.muis.gov.sg/-/media/Files/OOM/Resources/FAQ-english-ramadan.pdf



During your fast

4. Don't skip Sahur (your pre-dawn meal)

You must not skip your Sahur (pre-dawn) meal. Should you miss your Sahur meal, you should not fast. Try to eat adequately for Sahur.

5. Drink 8 glasses of sugar-free fluids

Try to drink adequate fluids (choose sugar-free fluids) during Sahur and Iftar (sunset-meal) to replenish fluid loss during the day. Aim for 8 glasses a day.

6. Monitor your blood glucose levels when you are fasting

Self-monitoring of blood glucose during fasting is allowed during Ramadan. In fact, it is necessary for a successful fast.

7. Check for high blood glucose levels, low blood glucose levels or severe dehydration

You must be able to recognise when you have high blood glucose levels, low blood glucose levels or severe dehydration.



8. Signs you should stop fasting

You MUST terminate your fast immediately if you encounter these problems. Skipped fasting days can be replaced in the future.

Blood glucose levels

- Blood glucose < 4.0 mmol/L during fasting
- Blood glucose > 16.0 mmol/L

Signs of hypoglycaemia (low blood glucose)

- Feelings of tremors
- Sweating
- Palpitations
- Hunger
- Dizziness
- Confusion

Symptoms of severe dehydration

- Dizziness (feeling faint)
- Confusion

After your fast

9. Break your fast promptly and eat in moderation

Breaking of fasting (berbuka) should not be delayed. Try not to go overboard when you buka puasa!





**More topics are available in the full
Win Against Diabetes booklet.**

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