

## Exercise advice<sup>4</sup>



- Rigorous exercise is not recommended during Ramadan due to the increased risk of hypoglycaemia and/or dehydration

- Take regular light to moderate exercise during Ramadan (e.g. walking)



- The Taraweeh prayer during Ramadan should be considered as part of your daily exercise regime

## When should I break my Ramadan fast?<sup>1</sup>



- If you experience hypoglycaemia (blood sugar levels below 3.9 mmol/L).

- Signs of hypoglycaemia include: feeling hungry, dizzy, confused, tired or weak, anxious or irritable, sweating, shaking, tingling lips, heart palpitations, changes in your vision such as blurred vision<sup>5</sup>



- You can treat hypoglycaemia with a fast-acting glucose e.g. a small can of sugared fizzy drink, 5 glucose tablets or a small glass of fruit juice

- If you experience hyperglycaemia (blood sugar levels above 16.6 mmol/L)

- Signs of hyperglycaemia include: feeling very thirsty, weak or tired, passing more urine, blurred vision, losing weight<sup>6</sup>



- You should also break your fast if you are experiencing dehydration or an acute illness

## Useful resources to help you

Diabetes UK: Diabetes and Ramadan

**Scan the adjacent QR code to access:**



Muslim Council of Britain: Ramadan and diabetes: A guide for patients

**Scan the adjacent QR code to access:**



## In summary



### DO:

- Talk to your GP or nurse at least 6–8 weeks prior to fasting
- Review each year with an HCP whether it is appropriate to fast
- Eat well balanced meals and stay hydrated during non-fasting hours
- Take regular light to moderate exercise
- Break your fast if you experience hypoglycaemia, hyperglycaemia, dehydration or an acute illness



### DON'T:

- Adjust your diabetes medication(s) without talking with your GP or nurse first
- Fast if your health is deteriorating
- Eat foods high in sugar or saturated fats
- Undertake rigorous exercise

## To find out more:

### Scan the adjacent QR code

to watch a video about Ramadan fasting and type 2 diabetes:



GP: general practitioner; HCP: healthcare professional

1. International Diabetes Federation and the Diabetes and Ramadan International Alliance (2021) Diabetes and Ramadan practical guidelines 2021. Available at: <https://www.daralliance.org/daralliance/idf-darpractical-guidelines-2021> (accessed December 2023); 2. Hanif S et al. Diabet Med 2020;37:1094–1102; 3. Muslim Spiritual Care Provision in the NHS (2023) Ramadan Health Factsheet 2023. Available at: <https://mcb.org.uk/wp-content/uploads/2023/02/2023-MCB-Ramadan-Health-Factsheet-Template.pdf> (accessed December 2023); 4. Ibrahim M et al. BMJ Open Diab Res Care 2020;8:e001248; 5. NHS (2023) Low blood sugar (hypoglycaemia). Available at: <https://www.nhs.uk/conditions/low-blood-sugarhypoglycaemia/> (accessed December 2023); 6. NHS (2023) High blood sugar (hyperglycaemia). Available at: <https://www.nhs.uk/conditions/high-blood-sugar-hyperglycaemia/> (accessed December 2023)

This leaflet has been developed, reviewed and certified by Boehringer Ingelheim  
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# Ramadan fasting: A guide for adults with type 2 diabetes



## Ramadan fasting in type 2 diabetes: An overview



- Ramadan is one of the five pillars of Islam<sup>1</sup>
- Some Muslims with diabetes may be exempt from fasting; however, many will still choose to fast for spiritual as well as social and cultural reasons.<sup>1</sup> If you have diabetes and wish to fast, it is important to do so safely



