

# Managing Your Diabetes During Ramadan

## Monitoring Your Blood Glucose Levels

Glucose levels should be monitored daily. Current recommendations include discontinuing a fast if:

- Blood glucose drops below 60mg/dL (hypoglycemia)
- Blood glucose drops below 70mg/dL in the first few hours after the start of the fast
- Blood glucose exceed 300mg/dL (hyperglycemia)

For more information, visit  
[www.shifaclinic.org](http://www.shifaclinic.org)  
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## Remember to Consult Your Doctor Before Starting To Fast

Fasting causes many changes in the body. In patients with diabetes, hormones that are in charge of these changes are not able to handle the change in meal timings during fasts, and medications have variable effects due to this as well. It is important for diabetic patients to seek proper medical counseling. Each diabetic patient is different, and your doctor will consider your risk factors prior to recommending fasting or not.



## Risk of Fasting in Diabetic Patients

- Hyperglycemia (high blood glucose, common in Type 2 diabetics)
  - Symptoms: increased urine output and thirst, dry skin, fatigue, drowsiness
- Hypoglycemia
  - Symptoms: sweating, weakness, headache, fast heartbeat, difficulty thinking clearly
- Dehydration- contribute to thrombosis (clotting)
- Diabetic ketoacidosis (rare)

## Managing Diet

During Ramadan, in addition to changes in meal timings, the average person's diet will often change as well. Some suggestions for managing diet include:

- limit sweets and fried/fatty foods
- Try having 3-4 smaller meals rather than 2 large ones
- avoid large amounts of carbohydrates in 1 meal (should make up no more than 50% of a meal)
  - eat complete carbohydrates instead of simple
  - maintain fluid intake
  - include fruits, vegetables, yogurt, etc.

## Managing Exercise

Moderate physical activity can usually be continued; however, there is a possibility of a drop in glucose levels with exercise. Avoid strenuous activity, particularly at the end of the day. The Taraweeh prayer is considered part of daily exercise.

## Managing Medications

For oral medications, talk to your doctor for adjustments.  
- Metformin: 1/3 @ Sehri, 2/3 @ Iftaar.

All adjustable medications are made on an individual basis in the context of the medical conditions you may have. Talk to your doctor.