

Ramadan Information Sheet

Fasting for the month of Ramadan is one of the five pillars of Islam, and undertaken by Muslim adults and adolescents from puberty. Fasting starts from early dawn (Suhor) to sunset (Iftar). During fasting individuals avoid eating and drinking, oral medications and smoking. Blood glucose monitoring and injecting insulin DO NOT break your fast.

Exemptions from fasting:

- Young Children
- The sick/those with an acute illness that may be impacted by fasting.
- Travellers
- Menstruating/pregnant/breastfeeding women

Complication for people with Type 1 Diabetes participating in Ramadan:

- Hypoglycaemia (including severe)
- Hyperglycaemia
- Diabetic Ketoacidosis (DKA)
- Dehydration
- Thrombosis (blood clot formation)

The following are people with diabetes who are high risk for complications during Ramadan:

- Severe hypoglycaemia in the past 3 months
- Recurrent hypoglycaemia with impaired awareness
- Poor glycaemic control
- DKA within 3 months prior to Ramadan.
- Acute illness
- Pregnancy

Planning to fast during Ramadan

- Please speak with your Paediatric Endocrinologist to ensure you are suitable to participate in fasting.
- Organise Pre-Ramadan education and an individualized management plan with Diabetes Educator and Dietitian 6-8 weeks prior.

Information for patients, families and carers

Education provided will assist with participating in Ramadan safely including:

- Blood glucose and ketone monitoring regime at home
- Medication dose adjustment and regime ie multiple daily injections vs insulin pumps
- Early recognition of acute complications such as hypoglycaemia, hyperglycaemia, DKA and dehydration.
- When to breakfast ie hypo/sick days
- Meal planning and dietary advice
- Physical Activity – timing and intensity

References:

- ISPAD Clinical Practice Guidelines: Fasting Ramadan by young people with Diabetes
- Recommendation for Management of Diabetes During Ramadan, Diabetes Care, Volume 33, Number 8, August 2010
- Fasting guidelines for diabetic children and adolescents: Indian Journal of Endocrinology and Metabolism 2012 16 (4) 516-518
- International Diabetes Federation: Ramadan and Diabetes Guide to a safe fast.

For information



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