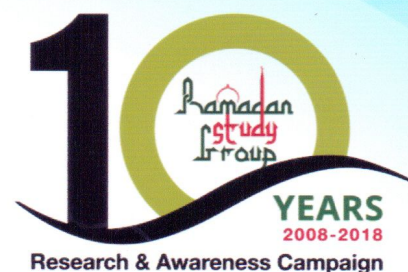


# DIABETES & RAMADAN

Ramadan Specific Guidelines 2018 For Doctors



## PRE-RAMADAN VISIT

- It is mandatory 6-8 weeks before Ramadan
- Call your patients for assessment in the month of Rajab & Shaban

## ASSESS

- General well being
- Glycemic control & hypoglycemia risk
- Cardiac & renal status as well as other co-morbidities of your patients

## EDUCATE REGARDING

### Hypoglycaemia Symptoms

- Trembling
- Palpitations
- Altered mental status
- Headache
- Sweating/chills
- Hunger
- Confusion

### Hyperglycaemia Symptoms

- Extreme thirst
- Frequent urination
- Confusion
- Abdominal Pain
- Hunger
- Fatigue
- Nausea / Vomiting

## WHEN TO BREAK THE FAST

- Blood glucose <70 mg/dl
- Blood glucose > 300 mg/dl symptomatic (seek medical advice/break the fast)

## SELF MONITORING OF BLOOD GLUCOSE

- Pre Sehri
- Before Iftar
- 2hr after Sehri
- 2,3 hours after Iftar
- Mid day
- When develop symptoms of hypoglycaemia, hyperglycaemia or feel unwell

## REMOVE MISCONCEPTION REGARDING PRICKING DURING FAST












































### Targets of SMBG

Less tight glycemic targets should be kept during the day to prevent hypoglycemia (i.e. between 100 - 200 mg/dl) and tighter targets during the night to prevent hyperglycemia (i.e. between 100 -180 mg/dl)

### First night of Ramadan

- Take dinner early
- Reduce night dose with late dinner
- Sehri should not be skipped and must be taken as late as possible & allowed

## DRUG DOSE & TIME ALTERATIONS

METFORMIN		SEHRI	IFTAR	
OD				
BD	 			
TDS	  		 	
ACARBOSE		SEHRI	IFTAR	
OD				
BD	 			
TDS	  		 	
PIOGLITAZONE		SEHRI	IFTAR	
OD				
DPP4 INHIBITORS		SEHRI	IFTAR	
OD				
BD	 			
MEGLITINIDES		SEHRI	OMIT	IFTAR
OD				
BD	 	HALF DOSE 		
TDS	  	HALF DOSE 	MID DAY DOSE	

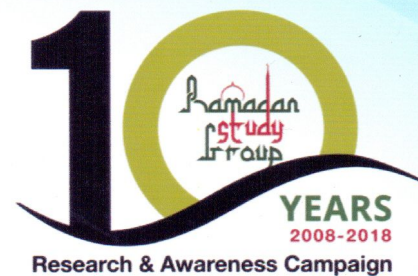
SULFONYLUREAS	SEHRI	OMIT	IFTAR
OD			
IN WELL CONTROLLED PATIENTS			75% initially and then adjust according to glycemic control
BD	HALF DOSE		
SHORT ACTING INSULIN	SEHRI	OMIT	IFTAR
BD	HALF DOSE		
TDS	HALF DOSE	MID DAY DOSE	
LONG /INTERMEDIATE	SEHRI	OMIT	IFTAR
OD			70%
BD	HALF DOSE		
PRE MIXED INSULIN	SEHRI	OMIT	IFTAR
OD			
BD	HALF DOSE		
TDS	HALF DOSE	MID DAY DOSE	



## DIET PLAN

*Diet during Ramadan should not differ from a healthy and balanced diet.*

*It should aim at maintaining a constant body mass.*



- ▶ Divide total calories between Sehri, Iftar and dinner
- ▶ Calorie distribution should be 45 - 50% from carbohydrates, 20 - 30% from proteins and less than 35% from fats
- ▶ Complex carbohydrates may be advisable at Sehri & food with simple carbohydrates may be appropriate at Iftar
- ▶ Make sure early Iftar and late Sehri to prevent hypoglycemia
- ▶ Avoid saturated fats E.g. ghee, samosas, pakoras
- ▶ Avoid sugary desserts ▶ Avoid salty and excessive spices ▶ Avoid caffeinated and sweetened drinks
- ▶ Take plenty of fruits & vegetables ▶ Use small amounts of oil when cooking

### HEALTHY CHOICES AT IFTAR

Shami Kabab	▶ 1 medium
Chooly/Red beans/Blackeyed peas	▶ ½ cup
Dahi barey	▶ 1 bara + ¼ cup yogurt chutney
Roti kabab roll	▶ 1/3 medium
Fruit chart	▶ ½ cup
Sandwich (brown bread)	▶ 1 slice
Pasta (brown flour)	▶ 1/3 cup

### HEALTHY CHOICES AT SEHRI

- ▶ Roti with 2-3 teaspoon oil + Lassi
- ▶ Roti + Meat/Chicken salan + Milk
- ▶ Roti + Kabab + Milkshake (Fruits + milk)
- ▶ Daliya + Milk + Fruits + Dry fruits
- ▶ Roti + Qeema + Fruit + Lassi

## FLUID INTAKE

Ensure adequate fluid intake between Iftar and Sehri to maintain fluid balance and prevent dehydration. (At least 10 -15 glasses in short intervals)

## WHEN TO EXERCISE

Rigorous exercise is not recommended during fasting because of the increased risk of hypoglycaemia and/or dehydration. Patients with diabetes should be encouraged to take regular light-to-moderate exercise during Ramadan. Tarawih prayers should be considered as part of their daily exercise activities.