

DIABETES & HAJJ

Hajj Specific Guidelines for Doctors



PRE-HAJJ VISIT

- ▶ Call your patients 1 - 2 months before Hajj.
- ▶ Assess general well-being, especially cardiac & renal status.
- ▶ Foot examination for assessment of neuropathy & peripheral vascular disease.
- ▶ Check HbA1c
- ▶ Aim for good glycemic & B.P control.

ADVISE TO

Keep In Hand Luggage

- | | | |
|---------------------------|--------------|----------------------|
| ▶ Medicines | ▶ Syringes | ▶ Cotton |
| ▶ Insuline (e cool packs) | ▶ Glucometer | ▶ Dipsticks (Ketone) |

Carry

- | | | |
|--------------------------------|------------------------------|--------------|
| ▶ Physician's Prescription | ▶ Eyeglasses (an extra pair) | ▶ Masks |
| ▶ Appropriate Shoe or Chappals | ▶ Umbrella | ▶ Sanitizers |

EDUCATE ABOUT

Hypoglycemia Symptoms

- | | | | |
|-------------------|----------------|-------------------------|------------|
| ▶ Trembling | ▶ Palpitations | ▶ Altered mental status | ▶ Headache |
| ▶ Sweating/Chills | ▶ Hunger | ▶ Confusion | |

Hyperglycemia Symptoms

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

ADVISE TO REPORT PROMPTLY

- ▶ Fever, Diarrhea, Vomiting or any acute medical condition.

COMPLETE BEFORE JOURNEY

- ▶ Vaccination including meningitis, polio, pneumococcal & influenza vaccines.

PREVENTION OF COMPLICATIONS

HOW TO PREVENT HYPOGLYCEMIA

- ▶ Do not skip meals.
- ▶ Adjust medications on days of excessive exertion.
- ▶ Mid – morning snacks.
- ▶ Frequent glucose monitoring to identify patterns.
- ▶ Always carry carbohydrates (juice, glucose, candy, etc)
- ▶ Carry diabetic identification.

HOW TO PREVENT HYPERGLYCEMIA

- ▶ Drink plenty of water (Atleast 3 litres)
- ▶ Adhere to healthy balanced diet including complex carbohydrates, proteins & low fats.
- ▶ Take antihyperglycemic medications regularly.

HOW TO PREVENT FOOT INJURY

- ▶ Daily inspection of feet.
- ▶ Use comfortable & appropriate footwear (not brand-new shoes) & socks.
- ▶ Not to walk barefoot.
- ▶ Not to soak feet in hot water.
- ▶ To keep feet moist with lubricants.
- ▶ Seek immediate help if any lesion, injury, colour change or swelling occurs.

HOW TO AVOID DEHYDRATION

- ▶ Take atleast 3 litres of fluid / day.
- ▶ Avoid sun exposure as much as possible.
- ▶ Use umbrella.