

DIABETES & RAMADAN



11th YEARS
2008-2019

Ramadan Specific Guidelines 2019 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

Hypoglycaemia Symptoms

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

EDUCATE REGARDING

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 ◀	●●●

SGLT2 INHIBITORS	SEHRI	OMIT	IFTAR
OD	●		●

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 ◀	●●●

LONG /INTERMEDIATE	SEHRI	OMIT	IFTAR
OD	●		● 70%
BD	●●	HALF DOSE ◀	●●

PRE MIXED INSULIN	SEHRI	OMIT	IFTAR
OD	●		●
BD	●●	HALF DOSE ◀	●●
TDS	●●●	HALF 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.