Tips for Fasting with Diabetes During Ramadan

- People fasting with diabetes should have a medical assessment and educational session 1-2 months before the start of fasting.
- Healthcare professionals should identify an individual’s risk for fasting and make medication adjustments to reduce the risk for blood glucose fluctuations.
- Education sessions should cover blood glucose monitoring, nutrition, exercise, medication dosing/timing, signs and symptoms of hypo- and hyperglycemia, and proper treatment of hypoglycemia.
- Ramadan-focused educational programs are key to reducing diabetes health risks. Educators can collaborate with religious leaders to provide community programs.

Counseling

- Fasting can be a very sensitive and emotional topic. Counseling sessions should be approached in a non-judgmental, compassionate way to cultivate trust and rapport. Failure to do so may affect their willingness to open up and share the desire to fast with a healthcare professional.
- It is important to respect and support an individual’s decision whether or not to fast.
- Diabetes care and education specialists have a key role in offering client-centered, culturally sensitive diabetes education to support a person's decision and minimize health risks.

Clinical Guidelines

- Fasting

For more information on Ramadan and fasting, visit the International Diabetes Federation’s Ramadan guidelines at IDF.org. This 500+ page guide has everything from how to determine risk category for fasting (page 47), to an example of a Ramadan plate, a list of recommended times to test BG, and charts with instructions for adjusting each class of diabetes medication, MDI insulin and pump settings.