



International
Diabetes
Federation



Endorsed by the ADS



RAMADAN AND DIABETES

Guidance sheet for Imam



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Diabetes & Ramadan
International Alliance

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What is diabetes?

Diabetes is when the amount of glucose (sugar) in a person's blood is too high because the body cannot use it properly. This is because the body doesn't produce any or not enough insulin, or the insulin produced doesn't work properly.

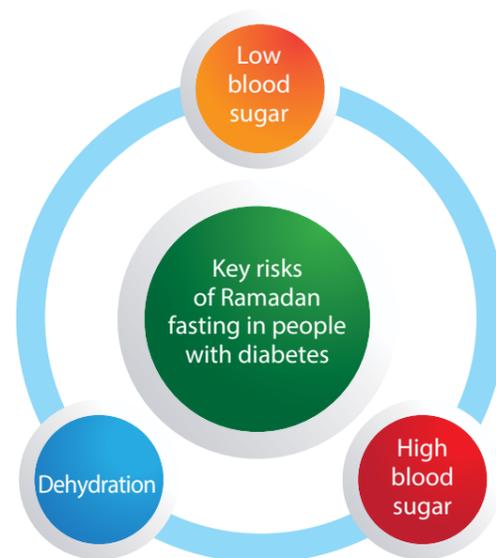
Diabetes is treated with different types of medications including insulin and other injected medicines and tablets.

Should a person with diabetes fast during the Holy month of Ramadan?

Ramadan is a blessed month of fasting when Allah's rewards for any good deeds are much higher than in any other time. Therefore fasting during the Holy month of Ramadan is an important spiritual experience.

The Holy Quran states that certain people such as children, the sick, travellers and pregnant women need not fast.

Ramadan fasting is generally safe, but people with diabetes might have an effect on the health and sugar level due to changes in the meal habits and sleep patterns. Therefore it is important that people with diabetes visit their doctor to understand their risks and receive guidance regarding change in medications.



According to medical and religious advice, people who are considered as very high and high risk must not fast while those having moderate or low risk could fast.

Category 1:
very high risk

MUST NOT fast



Category 2:
high risk

MUST NOT fast



Category 3:
moderate/low risk

Decision to use license not to fast based on discretion of medical opinion and the ability to tolerate fast.



If a person with diabetes cannot fast, they can make up for missed fasting days by donating food or money to the poor. Alternatively, they can fast at a later date.

WHAT ADVICE SHOULD BE GIVEN TO PEOPLE WITH DIABETES WHO DECIDE TO FAST?

- Visit the doctor to check and protect your health and if the doctor advises not to fast, you will get the same thawab (use your license).
- Blood sugar measurement and insulin injection does not break the fast and is important. It is important to know what your levels are and insulin may be necessary to control high sugar levels.
- Follow the Sunna by avoiding excessive eating.
- Have the Iftar as early as possible and suhoor at late as possible.