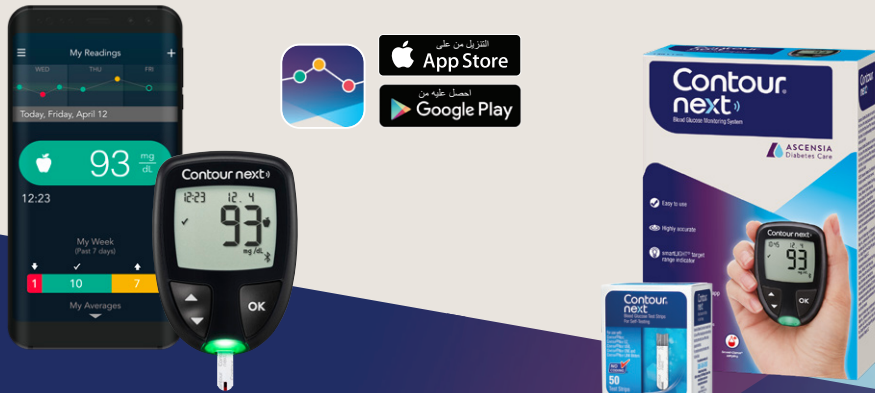


## Manage your diet during Ramadan

Observing the holy month of Ramadan requires careful attention to your diet. Follow these recommendations for a healthy and balanced approach:

- Choose a healthy diet and avoid fried food during the Ramadan
- Reduce food with high amount of sugar and eat more fruits and vegetables
- Try to eat suhoor (morning meal) as late as possible
- Minimize consumption of caffeine and keep well hydrated
- A good source of energy is food containing high fiber and starch. It includes chapatis, rice, oat-based cereals, grains, seeds, beans and pulses
- Be vigilant on over consumption of food that contains high sugar contents such as dates



**Caution:** This brochure does not replace your Healthcare Professional advice. Please consult your healthcare professional for personalised medical advice.

Sources:

1. Kobeissy A, Zantout MS, Azar ST. Suggested insulin regimens for patients with type 1 diabetes mellitus who wish to fast during the month of Ramadan. Clin Ther. 2008; 30(8): 1408-1415.
2. Kassem HS, Zantout MS, Azar ST. Insulin therapy during Ramadan fast for Type 1 diabetes patients. J Endocrinol Invest. 2005; 28(9): 802-805.
3. Adapted from Diabetes & Ramadan Practical Guidelines 2021.



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## Navigating Diabetes during Ramadan: Tips and Guidelines



## Navigating Diabetes during Ramadan: Tips and Guidelines

This brochure is tailored to support individuals managing diabetes during the sacred month of Ramadan. Here, you will find essential recommendations on diet, hydration, and overall well-being to ensure a safe and healthy fasting experience. Let this resource be your companion in maintaining optimal health and enjoying a spiritually fulfilling Ramadan.

**Understanding Fasting and Medication Impact:** Gain insight into the effects of fasting and medication during Ramadan, recognizing their crucial role in diabetes management. Acknowledge that the changes in your body due to fasting vary with the duration of the continuous fast.

**Addressing Low Blood Sugar Levels:** Recognize the primary concern of hypoglycemia during fasting, as it can disrupt blood glucose levels and pose serious consequences. Prioritize necessary precautions before commencing fasting to ensure a safe experience.

### Pre-Ramadan Preparation

Before embarking on Ramadan fasting, prioritize a thorough medical check-up with your healthcare team 1 to 2 months in advance. The examination should encompass:

- Overall well-being assessment
- Glycemic control evaluation
- Blood pressure monitoring
- Lipid profile assessment
- Review of diabetes-related complications
- Consideration of diabetes-unrelated comorbidities

### During Ramadan

Highlighting the significance of checking blood glucose levels regularly during Ramadan, particularly if you are using insulin or sulfonylureas. Testing does not break fasting, as affirmed by The Diabetes and Ramadan International Alliance.

- **Monitor Blood Sugar Regularly:** Remember the importance of frequent blood sugar monitoring during Ramadan.
- **Responding to Health Issues:** In the event of feeling unwell during Ramadan, you should monitor your blood glucose level. Be prepared to break the fast in case of hypoglycemia or effectively managing hyperglycemia.

### Safety tip for suboptimal conditions\*:

- Blood glucose < 3.3 mmol/L (59 mg/dL) at anytime during the fast<sup>1</sup>
- Blood glucose < 3.9 mmol/L (70 mg/dL) in the first few hours of fasting (especially if you are taking sulfonylureas, meglitinides, or insulin)<sup>2</sup>
- Blood glucose > 16.7 mmol/L (300 mg/dL)<sup>1</sup>
  - Experience symptoms of hypoglycaemia
  - Symptoms suggestive of severe dehydration such as fainting and confusion

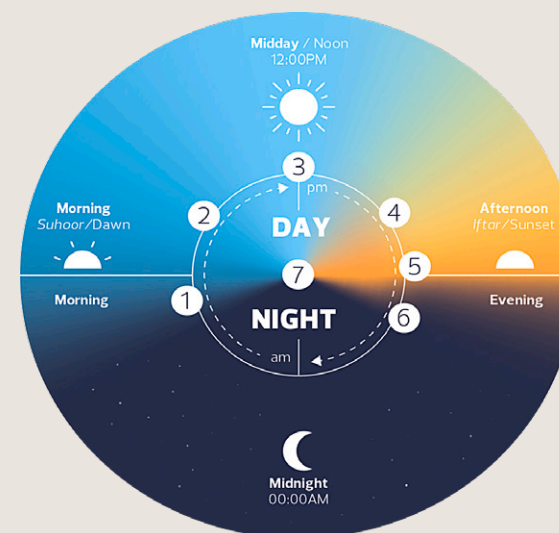
### Self-Monitoring Blood Glucose chart for testing frequency

The CONTOUR® system and The CONTOUR®DIABETES app allow you to set reminders for testing and medication, and also track your medication doses.

In the CONTOUR®DIABETES app, recurring blood glucose patterns are automatically detected, allowing you to gain insight into how habits affect your blood glucose and how you can improve it.

CONTOUR® system and CONTOUR®DIABETES app allow you to set reminders for testing and medication, and also track your medication doses.

### Self-Monitoring of Blood Glucose (SMBG) – 7 point guide for Ramadan<sup>3</sup>



#### When to test?

Number of blood glucose monitoring differs according to the case.

1. Pre-dawn meal (*suhoor*)
2. Morning
3. Midday
4. Mid-afternoon
5. Pre-sunset meal (*iftar*)
6. 2 hours after *iftar*
7. At any time when there are symptoms of hypoglycaemia/hyperglycaemia or feelings of being unwell

\*Please consult your healthcare professional for personalized medical advice and targets for blood glucose levels.