



# Diabetes and Fasting

## Tips for a safer Ramadan

### Recommendations for Suhoor (pre-dawn meal)

- Wholemeal toast
- Boiled eggs
- Porridge / whole grain cereals such as Bran flakes, Muesli, Weetabix Shredded Wheat, Special K
- Wholemeal chapatti with curry (if you see the oil on top of the curry, drain it)
- Whole fruit / Low fat yoghurt
- Plenty of water - avoid drinking caffeinated beverages such as tea and coffee as it will make you pass urine more.

### Recommendations for Iftar (post sun-set meal)

- 1 - 3 Dates
- No added sugar juice
- Samosa / Pakora (shallow fried)
- Chickpeas with low fat yoghurt
- Grilled kebabs with naan bread
- White rice (not too much)
- Fish
- Dhaal / Curries - limit the ghee!
- Whole fresh fruits
- Oven baked savoury snacks
- Eat plenty of vegetables and salad
- Drink plenty of water

### Signs of high blood glucose

- Extremely thirsty and have a dry mouth
- Needing to pass urine frequently
- Tiredness / Nausea or vomiting
- Stomach pain
- A fruity smell on your breath, which may smell like pear drops or nail varnish
- **Drowsiness or confusion**
- **Rapid breathing (hyperventilation)**
- **Dehydration (signs of which include a headache, dry skin, and a weak/rapid heartbeat)**
- **Loss of consciousness.**

**If your glucose rises above 16 break your fast immediately**

### Signs of low blood glucose

- Sweating
- Fatigue
- Feeling dizzy
- Being pale
- Feeling weak
- Feeling very hungry
- A higher heart rate than usual
- **Blurred vision**
- **Temporary loss of consciousness**
- **Fitting**
- **Convulsions**
- **Coma (in extreme cases).**

**If your glucose falls below 4 break your fast immediately**

- It is permissible for you to check your blood glucose level whilst fasting.
- Often your diabetes treatment will need to be adjusted. Please speak to your GP or practice nurse if you plan to fast this Ramadan.
- Some patients with diabetes will be at high risk due to the hot weather and long fasting period. Please ask for medical advice before fasting.