



DO YOU HAVE PATIENTS WITH TYPE 2 DIABETES WHO PLAN TO FAST DURING RAMADAN?



BEFORE RAMADAN BEGINS...
(1-3 months prior to the fasting month)

- Develop an individualized plan for your patient according to the current guidelines.¹
- Counsel patient on hypoglycemia and provide specific instructions on when to break the fast.¹



DIETARY PLAN

- Low glycemic index, high fiber carbohydrates are preferable.²



BETWEEN MEALS AT NIGHT

- Advise patient to choose low calorie snacks such as nuts, fruits or vegetables.²



HIGH-RISK PATIENT INTENDS TO FAST?

- Poorly controlled type 2 diabetes
- Pregnancy with type 2 diabetes or gestational diabetes mellitus controlled by diet alone
- Chronic kidney disease stage 3 or stable macrovascular complications
- Performing intense physical labour

- Recommend scheduled contact during Ramadan with their healthcare providers or diabetes healthcare team.¹
- Review glucose records.¹



GLUCOSE MONITORING

- Self-monitoring of blood glucose (SMBG) should be individualized according to different factors, for example:¹
 - risks for hypoglycemia or hyperglycemia
 - levels of glycemic control
 - durations of fast
- Educate patient on the frequency of SMBG testing during fasting to monitor A1C levels and rates of hypoglycemia.¹



AFTER RAMADAN...

- Caution patient to watch out for hyperglycemia during the 1-3 day “Sugar Feast” festival (Eid ul-Fitr) at the end of Ramadan.²
- Perform a medical assessment to discuss glycemic excursions.¹
- Formulate a plan for future fasting.¹

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REFERENCES: 1. Bajaj HS, Abouhassan T, Ahsan MR, *et al.* Diabetes Canada position statement for people with types 1 and 2 diabetes who fast during Ramadan. *Can J Diabetes* 2019;43:3-12. 2. International Diabetes Federation-Diabetes & Ramadan International Alliance (IDF-DAR). Diabetes and Ramadan: practical guidelines. 2016. Accessed February 2020 at <https://www.idf.org/e-library/guidelines/87-diabetes-and-ramadan-practical-25.html>.