

# Managing Diabetes during Ramadan



As Ramadan approaches, we advise you to contact a member of staff at your GP practice to discuss how you might want to fast safely during the holy month.

You may want to discuss:



**Changes in medication**



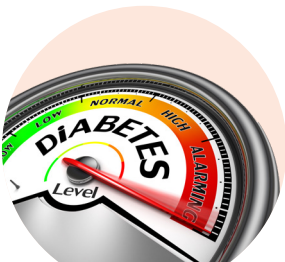
**Frequent monitoring of blood glucose level**



**Exercising whilst fasting**



**Meal planning**



**How to recognise and manage risk**



**When to break the fast**



You may also find this video links helpful in guiding you how to fast safely over Ramadan:  
<https://www.leicesterdiabetescentre.org.uk/news-blog/ramadan-2022>

