

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 link helpful in guiding you how to fast safely over Ramadan:
<https://www.leicesterdiabetescentre.org.uk/news-blog/ramadan-2022>

