

Special Situation: Fasting During Ramadan

Muslims are required to fast every day from sunrise to sunset during the whole month of Ramadan.

Preparing for Ramadan

Take note of the following if you plan to fast during Ramadan:

- Plan at least 3 to 4 months ahead of time and inform doctor before the fast
- Discuss with your doctor about adjusting the dose of medications
- Dietitian's advice may be required to adjust your diet
- Expect more regular blood sugar testing
- Be prepared to treat low blood sugar (hypoglycaemia) whenever necessary

During Ramadan:

You should do the following:

- Do not skip *Sahur* (pre-dawn meal), and eat it as close to *Imsak* (beginning to fast) as you can to avoid fasting for too long
- Do not delay in breaking fast (*Berbuka / Iftar*), make sure to drink lots of water and have a healthy balanced meal
- Take bedtime snack after *Tarawih* prayers
- Avoid fasting if you feel unwell, such as when your blood sugar is low or high
- Check your blood sugar levels regularly during fasting, or whenever you feel unwell
- Break your fast right away if you are experiencing signs of low or high blood sugar or dehydration
- See a doctor if blood sugar levels are consistently less than 4 mmol/L or more than 15 mmol/L
- *Tarawih* prayers can be included as daily exercise regime

Fasting is not advisable if you:

- Have frequent low blood sugar
- Have poorly controlled diabetes
- Have heart disease or kidney failure
- Are pregnant or breastfeeding



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Penjagaan Diabetes Semasa Berpuasa Di Bulan Ramadan

Pada bulan Ramadan, umat Islam berpuasa setiap hari dari matahari terbit hingga matahari terbenam.

Persiapan untuk Ramadan

Sila ambil perhatian berikut jika anda berniat untuk berpuasa:

- Merancang sekurang-kurangnya 3 hingga 4 bulan sebelum bulan Ramadan dan beritahu doctor tentang niat anda
- Berbincang dengan doctor tentang penyesuaian ubat diabetis anda
- Disarankan untuk mendapat nasihat dari pakar pemakanan
- Bersedia untuk menjalani ujian paras gula darah dengan lebih kerap
- Bersedia untuk merawat gula darah rendah (hipoglisemia) apabila perlu

Ketika Berpuasa

- Jangan tinggalkan Sahur dan digalakkan untuk makan hampir dekat dengan waktu imsak. Ini untuk mengelakkan dari berpuasa pada jangka waktu yang panjang.
- Jangan berlengah semasa berbuka puasa (Iftar); pastikan anda minum air secukupnya dan ambil pemakanan yang seimbang.
- Makan makanan yang ringan selepas waktu solat Tarawih.
- Jangan berpuasa jikalau tidak sihat, seperti kadar gula di dalam darah rendah atau tinggi.
- Uji paras gula darah dengan lebih kerap dan apabila anda rasa kurang sihat.
- Batalkan puasa dengan segera jika anda mula mengalami tanda- tanda paras gula darah yang rendah atau tinggi.
- Jumpa doctor jika paras gula darah senantiasa kurang dari 4 mmol/L atau kerap melebihi 15 mmol/L.
- Solat Tarawih boleh dianggap sebagai salah satu senaman harian anda.

Anda tidak digalakkan berpuasa sekiranya anda:

- Mempunyai paras gula darah rendah yang kerap
- Kondisi diabetis yang tidak terkawal
- Mengalami masalah jantung atau penyakit buah pinggang
- Hamil atau menyusukan bayi



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