



# Managing Prediabetes & Diabetes During Ramadan

A comprehensive guide combining Islamic guidance with medical knowledge for the Muslim community

BLOSSOM GROUP

HEALTH & WELLNESS INITIATIVE

# Allah's Mercy & Exemptions

*"[Fasting for] a limited number of days. So whoever among you is ill or on a journey [during them] - then an equal number of days [are to be made up]. And upon those who are able [to fast, but with hardship] - a ransom [as substitute] of feeding a poor person [each day]."*

— Surah Al-Baqarah (2:184)



## Divine Mercy

Allah (SWT) provides clear exemptions for those facing health challenges, demonstrating His infinite mercy and wisdom.



## Health Preservation

Health preservation is a fundamental principle in Islamic law (Shariah). The Prophet (PBUH) said: "There should be neither harming nor reciprocating harm."



## Seek Guidance

Consultation with both your healthcare provider and a knowledgeable Islamic scholar is essential before making decisions about fasting.



## UNDERSTANDING THE CONDITIONS

# Prediabetes & Diabetes Explained

## Prediabetes

Blood sugar levels higher than normal but not yet diabetes. A critical warning sign that can often be reversed with lifestyle modifications.

### Diagnostic Criteria:

- HbA1c: 42-47 mmol/mol (6.0-6.4%)
- Fasting Glucose: 5.7-6.9 mmol/L

## Diabetes

A chronic condition affecting how your body processes blood sugar (glucose).

### Type 1:

Autoimmune condition requiring lifelong insulin therapy.

### Type 2:

Body doesn't use insulin properly. Can often be managed through lifestyle changes and medications.

# Risk Assessment for Fasting

Not everyone with diabetes faces the same level of risk. Healthcare providers use a risk stratification system to guide recommendations. This assessment **must** be done by a qualified healthcare professional 6-8 weeks before Ramadan.



## Very High Risk

### Fasting NOT recommended:

- Severe hypoglycemia in past 3 months
- Diabetic ketoacidosis recently
- Type 1 diabetes with poor control
- Advanced complications or pregnancy
- Chronic kidney disease (Stage 4-5)



## High Risk

### Requires careful medical supervision:

- Moderate blood sugar control (HbA1c 7.5-9%)
- Chronic kidney disease (Stage 3)
- Living alone with insulin
- Elderly or frail individuals



## Moderate Risk

### Possible with preparation:

- Well-controlled Type 2 on specific medications
- Well-controlled Type 1 diabetes
- Regular glucose monitoring available



## Low Risk

### Generally safe:

- Prediabetes managed through diet and lifestyle
- Well-controlled Type 2 on diet alone or metformin
- No recent complications

# Pre-Ramadan Preparation

Proper preparation is essential for safe fasting. Begin your preparation 6-8 weeks before Ramadan to ensure adequate time for medication adjustments and planning.

01

## Schedule Comprehensive Review

Meet with your healthcare team including GP, diabetes nurse, or specialist for thorough assessment.

03

## Review Medications

Work with your doctor to adjust medications or doses. Never adjust medications on your own.

05

## Plan Nutrition Strategy

Create meal plans for Suhoor and Iftar that support stable blood sugar levels.

02

## Undergo Risk Assessment

Determine if fasting is medically advisable based on your specific condition and health status.

04

## Learn Monitoring Techniques

Understand proper blood glucose monitoring frequency and techniques during fasting hours.

06

## Consult Islamic Scholar

Seek religious guidance for questions about rulings related to your specific situation.

# Blood Glucose Monitoring During Ramadan

Regular monitoring is essential and does **NOT** break your fast. Testing your blood sugar helps you stay safe and make informed decisions about continuing or breaking your fast.



- Important:** Test anytime you feel unwell, dizzy, weak, or experience any unusual symptoms. Your safety comes first.

# WHEN TO BREAK YOUR FAST IMMEDIATELY

Breaking your fast for medical reasons is not only permitted but **required** in Islam when health is at risk. Allah (SWT) values your wellbeing and has provided these exemptions out of His mercy.

## Hypoglycemia

**Blood glucose below 3.9 mmol/L**

Break fast immediately. Consume 15-20g fast-acting carbohydrates (glucose tablets, juice, or honey).

## Hyperglycemia

**Blood glucose above 16.6 mmol/L**

Break fast, drink water, take medication as advised, and seek medical help if levels don't improve.

## Warning Symptoms

**Any symptoms of hypoglycemia**

Break fast even if readings seem normal. Symptoms include shakiness, sweating, confusion, dizziness, or weakness.

## Acute Illness

**Dehydration or sudden illness**

Break fast and seek medical attention immediately. Your health takes priority.

"Breaking the fast for genuine health reasons does not diminish your spiritual reward. Allah (SWT) has provided these exemptions out of His infinite mercy."

# Suhoor & Iftar: Eating for Stable Blood Sugar

## Suhoor (Pre-Dawn Meal)

Eat as close to Fajr as possible to maintain stable blood sugar throughout the day.

### Include:

- **Complex carbohydrates:** Whole grain bread, oats, brown rice, quinoa
- **Lean proteins:** Eggs, low-fat dairy, lean meats, legumes
- **Healthy fats:** Nuts, seeds, avocado, olive oil
- **Fiber-rich foods:** Vegetables, fruits with skin
- **Adequate fluids:** Water, sugar-free drinks

### Avoid:

- Sugary cereals and pastries
- Excessive salt (increases thirst)
- Caffeinated drinks
- Fried and fatty foods



### Stay Hydrated

Drink 8-10 glasses of water between Iftar and Suhoor. Drink regularly, not all at once. Limit caffeine and avoid sugary drinks.



### Physical Activity

Exercise before Iftar (light to moderate) or 2-3 hours after Iftar. Walking 30 minutes daily is ideal. Always carry glucose tablets.



### Sleep Well

Maintain regular sleep patterns despite schedule changes. Adequate rest helps regulate blood sugar and supports overall health during Ramadan.

## Iftar (Breaking the Fast)

Follow the Sunnah with dates and water, but practice portion control.

### Recommended Approach:

1. Start with 1-3 dates and water
2. Pray Maghrib to allow food to settle
3. Have balanced main meal
4. Eat slowly and mindfully

### The Iftar Plate Method:

- **½ Plate (50%):** Non-starchy vegetables, salad, soups
- **¼ Plate (25%):** Lean protein - chicken, fish, legumes
- **¼ Plate (25%):** Whole grains - brown rice, whole wheat bread

# Making Up Missed Fasts & Fidyah

When you break your fast due to genuine medical necessity, Islam provides clear options for making up missed days, demonstrating Allah's mercy and wisdom.



## Option 1: Qada (Make Up Later)

If your condition is temporary and you expect to recover, fast an equal number of days after Ramadan, before the next Ramadan begins. This can be done consecutively or on separate days throughout the year.

## Option 2: Fidyah (Compensation)

If you have a permanent condition preventing fasting, or if making up fasts would cause severe hardship, provide fidyah: feed one poor person for each missed day. Amount is typically equivalent to the cost of an average meal in your locality.

- Important Guidance:** Consult with a knowledgeable Islamic scholar to determine which option applies to your specific situation. Medical necessity does not diminish your spiritual standing before Allah (SWT).

## Special Considerations

### Pregnancy & Diabetes

Pregnant women with diabetes are generally advised not to fast due to risks. Islamic scholars unanimously agree pregnant women are exempt and can make up days later or provide fidyah.

### Elderly with Diabetes

The elderly face increased risks including hypoglycemia unawareness and dehydration. Those unable to fast safely may provide fidyah instead of making up days.

### Children & Adolescents

Young people with Type 1 diabetes require special consideration. While not obligated until puberty, those wishing to participate need close medical supervision. Partial fasting may be appropriate.

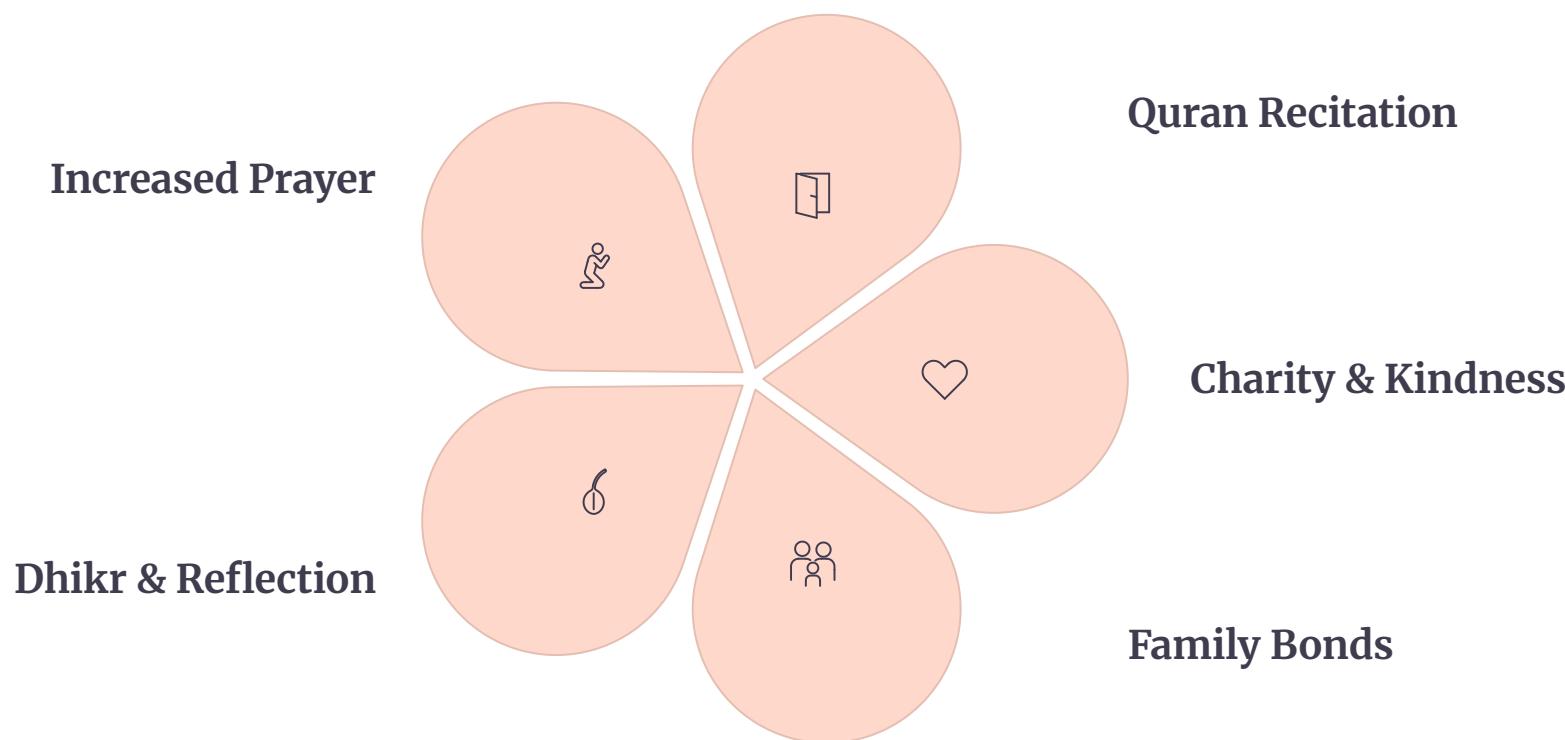
# Mercy, Health & Spiritual Growth

*"Allah intends for you ease and does not intend for you hardship."*

— Surah Al-Baqarah (2:185)

Ramadan is a blessed month of spiritual renewal and drawing closer to Allah (SWT). For those living with prediabetes or diabetes, this sacred time requires careful balance between devotion and health preservation.

Islam teaches us that our bodies are an amanah (trust) from Allah, and we have a responsibility to care for them. The exemptions provided in Islamic law are manifestations of Allah's infinite mercy. When health considerations prevent safe fasting, utilizing these exemptions honors both your body and your faith.



Whether you are able to fast fully, partially, or not at all, remember that Ramadan offers countless opportunities for spiritual growth beyond fasting. Your devotion is measured not by the physical act alone, but by your intention, effort, and sincerity.

## Support & Resources

### • Healthcare Support

Your GP, diabetes specialist nurses, dietitians, and hospital diabetes clinics

### • British Islamic Medical Association

[www.britishima.org](http://www.britishima.org) - Islamic medical perspectives and guidance

### • Diabetes UK

[www.diabetes.org.uk](http://www.diabetes.org.uk) - Comprehensive Ramadan resources and support

### • Emergency Contacts

Life-threatening emergency: **999** | NHS non-emergency: **111** |  
Diabetes UK Helpline: **0345 123 2399**

*May Allah (SWT) grant you health, acceptance of your worship, and success in managing your diabetes. May this Ramadan bring you and your loved ones spiritual elevation, physical wellness, and closeness to the Almighty.*

**Ramadan Mubarak**