

Guidelines for Diabetes in Ramadan and other fasting days

There are several different medicines for diabetes. They can be classified into the following main groups. If you are unsure what to do, make an appointment with your Diabetes Nurse or Doctor before Ramadan / Fasting starts to discuss your treatment



1. Metformin

This tablet should be taken as usual on fasting days. It does not cause hypoglycaemia. You should test your blood glucose regularly and record the results as usual.

2. Glucobay

This tablet is often taken three times a day, with meals. If you take this medicine with each meal, you should only miss the lunchtime dose on fasting days. Glucobay does not cause hypoglycaemia, so it is safe to take. You should test your blood glucose levels regularly.

3. Gliclazide, Glipizide, Glibenclamide, Glimepiride, Tolbutamide,

These tablets are designed to lower your blood glucose levels. On fasting days you may have to change the dose or timing. You should test your blood glucose regularly and see your diabetes doctor or nurse before fasting starts to talk about changes you may need to make. Always take your record book to appointments.

4. Repaglinide (or Novonorm) and Nateglinide (or Starlix)

These tablets are designed to lower blood glucose levels after meals, but are short acting. When you started these tablets you will have been advised to only take the dose if you eat a meal. This advice is the same in Ramadan or on fasting days.

5. Rosiglitazone (Avandia) or Piaglitazone (Actos)

These tablets make your body more sensitive to insulin and should be taken on fasting days as usual. Remember to test your blood glucose regularly.

6. Insulin Injections

There are many different types of insulin. If you take Lantus or Levemir insulin, the dose you take should stay the same on fasting days.

For other insulins, the timing of the injections is usually related to the time you eat your meals. During fasting you will have to change the times and possible doses of injections. You should discuss this with your diabetes Nurse or Doctor well in advance of any fasting days. If you suffer from hypo's on fasting days, you must break your fast and treat the hypo as advised.

