



Diabetes and ramadan

Are you living with
diabetes?
Will you be fasting
during Ramadan?

Make a plan
together with your GP, diabetes nurse
or nurse practitioner and pharmacist.

Don't wait too long.
Schedule an appointment
now.



ةبرعلاب تامولعمل هذه

Deze informatie in het Nederlands

Bu bilgiler Türkçedir

Diabetes and Ramadan is a
collaboration between the
Dutch Diabetes Federation and the
Jan van Ooijen Foundation

 nederlandse
diabetes
federatie

www.diabetesfederatie.nl
www.janvanooijen.nl
www.sanofi.nl

 J.P.G.

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Diabetes and ramadan

A tricky combination

Ramadan is a very important time of year for Muslims. Perhaps you would like to fast during Ramadan, which can be difficult when you have diabetes. Fasting affects your daily routine and eating patterns and will likely have a negative influence on your diabetes, which can be very unhealthy.

- **Hypoglycaemia.** If you do not eat or drink during the day, your blood sugar levels may become too low. This is called a 'hypo'. Some medication and insulin increase the risk of having a hypo.
- **Hyperglycaemia.** During **suhoor** and **iftar**, you are likely to eat food which is high in carbohydrates (sugars). This may cause your blood sugar levels to rise too high, which is called a 'hyper'.

How can you prevent health issues during Ramadan?

Are you living with diabetes and would you like to fast during Ramadan? Please contact your GP, diabetes nurse, nurse practitioner and pharmacist before you start. They can help you manage your diabetes and can advise you on how to use your medication during Ramadan.

This leaflet is published by the Dutch Diabetes Federation and the Jan van Ooijen Foundation.

Together, they have taken the initiative to spread more awareness about Ramadan and the possible consequences for the treatment of diabetes. They have also issued recommendations on how treatments can be tailored during Ramadan.