



مؤسسة الرعاية الصحية الأولية  
PRIMARY HEALTH CARE CORPORATION



## Diabetes & Religious Practices: Fasting & Hajj



## **Diabetes & Fasting:**

There are several important factors determining the optimal type of treatment for patients with diabetes and their ability to fast without problems, such as age, weight, nature of work, type of diabetes and so forth. Thus, it is highly recommended to consult your condition with your physician and diabetes educator at your respective health centers to assess your health and the ability to fast.



## **General Advice for patients with diabetes during Ramadan, especially those who are managing diabetes only by diet:**

- Check your blood sugar, especially between Asr and Maghreb times.
- Maintain the daily food quality and quantity of food daily as defined by the dietitian.
- Divide the total daily amount of food to two main meals, Fotor & Sohor, and a light meal in between.
- Have your Sohor meal as late as possible, just before Fajr Adhan.
- Continue your daily activities as usual and take some rest in the afternoon.
- Drink more liquid at the time of Fotor to compensate for the need of water during fasting period.
- Beware of eating too much food, especially sweets or sweetened liquid.
- In case of a drop in your blood glucose level you must immediately eat even if it was shortly before the sunset.

**If you are managing diabetes with medicine, it is strongly urged to consult with your physician and diabetes counselor for acute information. However, here are some primary tips:**

- Blets once in the morning you can take it with Fotor.
- If you are taking two doses of tablets per day, you can have the first dose with Fotor and the second dose with Sohor meal while minimizing the dose to half after consulting your doctor.
- If you are taking three doses of tables per day, you can have your morning and afternoon doses with Fotor and your evening dose with Sohor meal.



# Diabetes & Hajj

Generally diabetics can perform their Hajj, but after consulting with their physicians and diabetes counselors at their respective health centers. There are several preventive vaccinations that a diabetic can take in order to be physically stable for performing the rituals.

## Symptoms of Low Blood Sugar

- Weakness.
- Sweating.
- Palpitation.
- Dizziness.
- Headache and nervousness.
- Hunger.
- Pale skin.
- Difficulty in concentrations.





## Symptoms of High Blood Sugar

- Abdominal pain.
- Acetone (Sweet fruity) smell of breath.
- Weight loss.
- Dry skin and mouth.
- Rapid Breathing.
- Coma.

## Essential Tips for Diabetics during Hajj

- Discuss your Hajj plans, and its rituals to physicians, diabetes nurse to provide you with proper instructions and information on importance manner such as the symptoms of high and low blood sugar.
- Always carry your diabetes identification card, wear a necklace or bracelet which will indicated that you are diabetic and list your medications for easy access in case of emergency.
- Wear wide, soft and comfortable footwear



- Always carry snacks and drink plenty of water or unsweetened juice before starting any ritual that requires walking and other physical movements.
- If you are using insulin, keep your insulin in a cooler bag away from the sun light especially on the day of Arafah.
- While driving or sitting in a bus, make sure to move your feet very often and do not keep them hanging or fixed into hard objects.
- Avoid driving between insulin injections and eating your meal by at least one or two hours and do not drive more than 12 hours.

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