

## Monitoring your Blood Sugars



Frequent monitoring is suggested for successful blood sugar management

Always check blood sugars with symptoms of lows or highs or when not feeling well



Consider using a continuous blood glucose sensor to better track blood sugars and alert readings below target.

**BREAK THE FAST** immediately if BG is  $<3.9$  mmol/L, with or without symptoms



Check blood sugars at least 6x per day

## Suggested Times to Check Blood Sugars/CGM Tracings

- Pre suhor (predawn meal)
- Morning (2-3 hours after suhor)
- Mid-day
- 2 hours before the end of the fast (iftar)
- Right before iftar
- 2 hours after breaking the fast (iftar meal) to correct for high



From the SickKids family to yours

## Ramadan Kareem



We are here to support you!

Please connect with your diabetes team early if you are planning to fast during Ramadan

If you have any questions or concerns, please contact your diabetes nurse or dietitian at the SickKids diabetes clinic.



## Contact us

SickKids Diabetes Clinic  
416-813-5592



## Navigating Type 1 Diabetes During Ramadan

SickKids Diabetes Team

**SickKids**





# Fasting During Ramadan

What to know

The month of Ramadan is of spiritual significance, happy and joyous with people entering the month to enjoy prayer, service, and community.

Fasting with diabetes, particularly with insulin is an individual and family decision as diabetes allows for exemption from fasting

1. The time for fasting varies between 12-13 hours/day
2. Start and end times may vary by a few minutes depending on the lunar month
3. Main meals
  - a. Suhoor: the pre-dawn meal
  - b. Iftar: the sunset meal

Fasting would not be recommended if:

- There is a history of significant low blood sugars or low blood sugar unawareness
- Recent high blood sugars or recent DKA
- younger children

If you can not fast: You can offer charity, provide food for the poor, speak to your local imam

## Nutrition Suggestions

1

Follow a balanced diet

- Include low glycemic index carbohydrates, fruits, vegetables & lean protein
- Choose healthy fats
  - Olive oil, nuts, seeds

2

Plan to have your suhoor meal as late as possible

During iftar, plan to have a moderate meal with little snacking after

3

Hydrate with water and non-sweetened drinks during non-fasting hours

4

Try to limit:

- Sweet and fried foods
- Sweetened drinks



## Insulin Suggestions During Fasting Period

### Bolus (fast-acting) insulin injections

1. Reduce the suhoor total dose by 25% to 50%
2. Keep the same dose for Iftar meal
3. You may need a correction after breaking the fast, check in with your team

### Bolus on pump therapy

1. Consider a 2-6 hours extended bolus for the Iftar meal

### Basal (Long-acting) insulin Injections

1. Provide in the evening
2. Reduce by 20%, you may need to reduce further

### Basal on pump therapy

1. Reduce basal rate by up to 40% 3-4 hours before Iftar
2. May need to reduce basal insulin infusion rate by 10-15% during the hours of fasting

Note: Insulin therapy is individualized

Fasting needs be to done with support- please connect with your diabetes team early if you are planning to fast