Ramadan is a holy month for Muslims, in which food, drink as well as oral and injected medications, are forbidden between dawn and dusk. Optimal care of diabetes during this time is crucial.

The International Diabetes Federation (IDF) and the Diabetes and Ramadan (DAR) International Alliance have developed Practical Guidelines for healthcare professionals enable them to help people living with diabetes during Ramadan.

The publication includes:

- Epidemiology of Diabetes and Ramadan Fasting
- Physiology of Ramadan Fasting
- Risk Stratification of Individuals with Diabetes before Ramadan
- Diabetes and Ramadan: A Medico-religious Perspective
- Pre-Ramadan Education
- Ramadan Nutrition Plan (RNP) for Patients with Diabetes
- Management of Diabetes during Ramadan
- Identifying and Overcoming Barriers to Guideline Implementation
- Summary of the response of Egypt's Mofty to diabetes and Ramadan risk categories religious ruling (Arabic and English)
Click here for more information.

**Additional information**

- [Blood glucose monitoring](#) – Information sheet
- [Balancing food activity and insulin](#) – Information sheet