

# A Safer Ramadan



## Managing Diabetes during Ramadan

As Ramadan approaches, we advise you to contact a member of staff at your GP practice to discuss how you might want to fast safely during the holy month. You may want to discuss:



**Changes to your medications**



**Frequent monitoring of blood glucose level**



**Exercising whilst fasting**



**Meal planning**



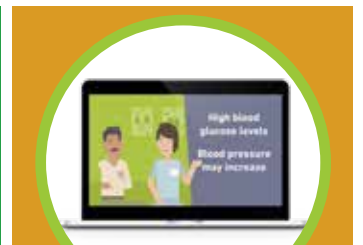
**How to recognise and manage risk**



**When to break the fast**



**Managing your diabetes work/home schedule**



**Watch our Safer Ramadan guide videos scan the QR code**



Leicester Diabetes Centre

SCAN the QR code or visit:

[www.leicesterdiabetescentre.org.uk/](http://www.leicesterdiabetescentre.org.uk/)

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