

Avoid fasting if you feel unwell. Look out for the following symptoms:

SYMPTOMS	TREATMENT
<p><u>Severe Dehydration</u></p> <ul style="list-style-type: none"> ♦ Severe thirst ♦ Frequent urination at first, followed by passing small amount of dark coloured urine ♦ Headache/dizziness ♦ Fast heart beat 	<ol style="list-style-type: none"> 1. Break your fast 2. Drink enough water until urine is light yellow 3. See a doctor if you still feel unwell
<p><u>Very low blood sugar (Hypoglycaemia)</u></p> <ul style="list-style-type: none"> ♦ Sweating/experiencing cold sweat/shivering ♦ Fatigue/feeling dizzy ♦ Feeling hungry/ experiencing nausea ♦ Experiencing blurred vision 	<ol style="list-style-type: none"> 1. Break your fast 2. Drink something sugary e.g. <ol style="list-style-type: none"> i. Half a glass of fruit juice, or ii. 3 teaspoons of sugar/honey dissolved in water, or iii. Half a can of regular sugary drink/soft drink 3. If you have a glucometer: <ol style="list-style-type: none"> i. Check your blood sugar level 15 minutes after point no. 2 ii. If it is below 4mmol/L, take something sugary again iii. Recheck blood sugar level after 15 minutes 4. See a doctor immediately if you still feel unwell after the above or if your blood sugar level is still below 4mmol/L. 5. If your blood sugar level is above 4.0mmol/L, eat your next meal or snack e.g. 3 pieces of crackers or one slice of bread with cheese or peanut butter
<p><u>Very high blood sugar (Hyperglycaemia)</u></p> <ul style="list-style-type: none"> ♦ Deep, rapid breathing ♦ Flushed face/ confusion ♦ Breath with fruity smell ♦ Chest pain or fast heart beat 	<ol style="list-style-type: none"> 1. See a doctor immediately

Diabetes Management during Ramadan



Preparing for Ramadan

- ♦ Speak to your healthcare providers before you start fasting

Avoid fasting during Ramadan if you are/have:

- ♦ Elderly
- ♦ Pregnant
- ♦ Type 1 Diabetes
- ♦ Poorly controlled Type 2 Diabetes
- ♦ History of frequent low blood sugar levels
- ♦ No symptoms when your blood sugar was very low previously (Hypoglycaemia unawareness)
- ♦ Experienced heart attacks or stroke before
- ♦ Kidney failure on dialysis
- ♦ Physically active at work e.g. construction worker



Exercising

- ♦ Check blood sugar levels before exercise if possible
- ♦ Bring sweets along with you
- ♦ Avoid vigorous exercises before Iftar to prevent blood sugar from dropping to very low levels (Hypoglycaemia)
- ♦ The tarawih prayers should be considered as part of your daily exercise routine



During fasting

- ♦ Check your blood sugar levels regularly before Sahur, two hours after Sahur, mid to late afternoon before Iftar, two hours after Iftar, or whenever you feel unwell

Healthy eating during Ramadan




Specific Advice

- ♦ Do not skip your dawn meal (*Sahur*)
- ♦ Eat *Sahur* as late as possible, just before *Imsak* to prevent prolonged fasting
- ♦ Do not delay breaking fast (*Berbuka/ Iftar*)
- ♦ Eat a healthy balanced meal for *Sahur* and *Iftar*
- ♦ Supper after *Tarawih* can be taken as a bedtime snack

General tips when not fasting

- ♦ Include high fibre food such as whole-grains, fruits and vegetables.
- ♦ Limit food high in sugar, fat and salt
- ♦ Drink enough water (Try to drink 8 glasses if you can)
- ♦ Ask your dietitian for advice on how to plan your meals

A sample meal for Ramadan

Sahur (Pre-dawn meal)	Iftar (Breaking of fast at sunset)	After Tarawih (supper/pre-bed snack)
		
Rice and alternatives ¼ plate + meat and others ¼ plate + vegetables ½ plate	Break the fast with 1-2 dates or 1 serving of fruit. Have a main meal after Maghrib prayer. Refer to Sahur meal for example of main meal.	A wholemeal sandwich or oats with low fat milk or high calcium soy milk (reduced sugar)

Jangan berpuasa sekiranya anda berasa kurang sihat. Berikut adalah gejala-gejala yang harus anda awasi:

Gejala	Rawatan
<p><u>Dehidrasi (kekurangan air)</u></p> <ul style="list-style-type: none"> ♦ Rasa terlampau dahaga ♦ Kerap membuang air kecil pada mulanya, diikuti dengan air kencing yang sikit dan berwarna gelap. ♦ Sakit kepala / pening ♦ Jantung berdebar-debar 	<ol style="list-style-type: none"> 4. Buka puasa serta-merta 5. Minum air secukupnya sehingga air kencing berwarna kuning cerah. 6. Berjumpa dengan doktor sekiranya anda masih berasa kurang sihat
<p><u>Paras gula darah rendah (Hipoglisemia)</u></p> <ul style="list-style-type: none"> ♦ Berpeluh / peluh sejuk / menggigil ♦ Lemah / rasa pening ♦ Rasa lapar / loya ♦ Penglihatan kabur 	<ol style="list-style-type: none"> 6. Buka puasa serta-merta 7. Minum minuman manis seperti: <ol style="list-style-type: none"> i. setengah cawan jus buah ii. 3 sudu kecil gula/madu dalam air iii. setengah tin minuman manis / minuman berkarbonat 8. Jika anda memiliki glukometer: <ol style="list-style-type: none"> i. Uji paras gula darah anda 15 minit selepas langkah 2. ii. Sekiranya bacaan glukometer kurang dari 4.0mmol/L, minum minuman manis sekali lagi iii. Uji paras gula darah sekali lagi selepas 15 minit 9. Berjumpa dengan doktor sekiranya anda masih berasa kurang sihat selepas langkah-langkah di atas, atau sekiranya paras gula darah masih kurang dari 4.0mmol/L 10. Sekiranya paras gula darah anda lebih dari 4.0mmol/L, anda boleh makan hidangan biasa atau snek seperti 3 keping biskut atau satu keping roti bersama keju atau mentega kacang
<p><u>Paras gula darah tinggi (Hiperglisemia)</u></p> <ul style="list-style-type: none"> ♦ Menarik nafas dalam tapi pantas ♦ Muka merah / rasa keliru ♦ Nafas berbau buah ♦ Sakit dada atau jantung berdebar-debar 	<ol style="list-style-type: none"> 2. Jumpa doctor secepat mungkin

Pengurusan Kencing Manis Pada Bulan Ramadan



Bersiap sedia untuk Ramadan

- ♦ Berbincang dengan doctor/jururawat anda sebelum mula berpuasa.



Anda tidak digalakkan berpuasa pada bulan Ramadan sekiranya anda:

- ♦ Warga tua
- ♦ Mengandung (hamil)
- ♦ Pesakit Diabetes Jenis 1
- ♦ Pesakit Diabetes Jenis 2 yang tidak terkawal
- ♦ Kerap mengalami paras gula darah rendah
- ♦ Tidak menunjukkan sebarang gejala walaupun gula darah sudah sangat rendah (Hipoglisemia tidak diketahui)
- ♦ Pernah mengalami serangan jantung atau angin ahmar
- ♦ Memerlukan dialisis untuk penyakit buah pinggang
- ♦ Kerja anda menggunakan tenaga fizikal, contohnya pekerja tapak pembinaan

Bersenam

- ♦ Uji paras gula darah anda sebelum bersenam
- ♦ Bawa gula-gula bersama anda
- ♦ Elakkan senaman yang berat sebelum Iftar supaya anda tidak mengalami hipoglisemia.
- ♦ Solat Tarawih boleh dianggap sebagai salah satu senaman harian anda



Ketika berpuasa

- ♦ Uji paras gula darah anda sebelum Sahur, dua jam selepas Sahur, tengah hari and petang sebelum Iftar, dua jam selepas Iftar, atau sekiranya anda rasa kurang sihat.

Pemakanan sihat sepanjang Ramadan

Nasihat khusus

- ♦ Jangan sengaja tinggalkan sarapan pagi (Sahur)
- ♦ Sahur harus dimakan selewat mungkin, sebelum Imsak untuk mengelakkan puasa berpanjangan
- ♦ Jangan berlengah berbuka puasa (Iftar)
- ♦ Makan diet yang sihat dan seimbang untuk Sahur dan Iftar
- ♦ Makan diet ringan selepas waktu Tarawih (sebelum tidur)

Petua umum ketika tidak berpuasa

- ♦ Diet anda harus mengandungi makanan serat tinggi seperti bijiran penuh (whole-grains), buah-buahan dan sayur-sayuran.
- ♦ Hadkan makanan yang tinggi kandungan gula dan lemak
- ♦ Minum air secukupnya (cuba minum 8 gelas air sehari)
- ♦ Berjumpa dengan pakar diet untuk nasihat perancangan diet anda

Contoh diet pada bulan Ramadan

Sahur (Sarapan pagi)	Iftar (Buka puasa)	Selepas Tarawih (snek sebelum tidur)
		
Nasi atau alternatif ¼ pinggan + daging dan lain-lain ¼ pinggan + sayur-sayuran ½ pinggan	Berbuka puasa dengan memakan 1-2 biji kurma atau 1 potong buah-buahan. Untuk makan malam selepas Solat Maghrib, sila rujuk kepada panduan diet makan Sahur	Sandwic roti gandum penuh atau oat dengan susu rendah lemak atau susu soya tinggi kalsium (kurang gula)