

Long or intermediate-acting insulin:	Once daily	Once daily -At time of (Iftar) and Reduce the dose by 15-30% if the blood sugar level reading is stable, after consulting the doctor.
Isophan (NPH) Insulin 100 unit/ml	Twice daily Morning and evening time	Twice daily -Morning dose at time of (Iftar) and evening dose to be taken at time of (Suhoor). -The (Suhoor) dose might be reduced by 50% if the blood sugar level reading is stable, after consulting the doctor.
Glargine insulin 100 unit/ml		
Premixed intermediate insulin:	Once daily	Once daily at time of (Iftar)
Insulin mixed (regular & NPH) suspension (30%/70%) 100 unit/ml	Twice daily At the morning and evening time	Twice daily -Morning dose at time of (Iftar) and evening dose to be taken at time of (Suhoor). -The (Suhoor) dose might be reduced by 25%-50% if the blood sugar level reading is stable, after consulting the doctor.
Insulin mixed aspart suspension (50%/50%) 100 unit/ml	Three times daily At the morning, afternoon and evening time.	Twice daily -Morning dose at time of (Iftar) and evening dose to be taken at time of (Suhoor). -The (Suhoor) dose might be reduced by 25%-50% if the blood sugar level reading is stable, after consulting the doctor. -Afternoon dose to be omitted after consulting the doctor.
Insulin mixed lispro suspension (50%/50%) 100 unit/ml		



Medications intake during Ramadan

Ramadan is the ninth month of the Islamic calendar, and is considered to be a holy month for Muslims. During Ramadan, Muslims don't eat or drink between dawn and sunset every day (i.e. during sunlight hours).

Muslims with chronic illnesses require counselling and advice on how to manage their medications during the month of fasting. However, if fasting significantly affects the health of the individual or when one is sick, Islam exempts him or her from fasting.

Doctors and pharmacists can help patients adjust their medications during Ramadan to ensure safe and effective therapy while fasting. Medication adjustments can include: adjusting the timing of medications throughout the day, changing short acting formulations to longer once or twice daily doses, or considering alternate routes of administration if possible.

For patients on regular Oral Medication, the table below will provide some insights on managing medication properly.



رمضان كريم

Ramadan Kareem

Medication intake before Ramadan	Medication intake after Ramadan (possible options after discussion with the doctor or the pharmacist)
Once daily	At evening meal of Iftar (sunset) or the (morning meal of Suhoor (pre-dawn
Twice daily	At evening meal of Iftar (sunset) and the (morning meal of Suhoor (pre-dawn
Three times daily	Here it is very important to consult the doctor to ensure the effectiveness of the treatment .and to avoid any harm at the same time
Four times daily	

Oral Antidiabetics Medication During Holy Month of Ramadan

Type of Medication	Administration before Ramadan	Administration during Ramadan
Biguanide group: e.g. Metformin 500 mg	Once Daily	Once Daily -At time of (Iftar).
	Twice daily Morning and evening time	Twice daily -At time of (Iftar) and time of (Suhoor).
	Three times daily Morning, afternoon and evening time	Twice daily -Morning dose to be taken before (Suhoor). -Combine afternoon dose with the evening dose taken at (Iftar).
Sulfonylureas group: e.g. Gliclazide 80 mg Glimepiride 2 mg Glibenclamide 5mg Note: It is better to switch to (Gliclazide, Glimepiride) and avoid (Glibenclamide) if possible (carry a higher risk of hypoglycaemia)	Once daily	Once daily -At time of (Iftar). -It is possible to reduce the dose if the blood sugar level reading is stable, after consulting the doctor.
		Twice daily -Morning dose at time of (Iftar) and evening dose to be taken at time of (Suhoor). -The (Suhoor) dose might be reduced if the blood sugar level reading is stable, after consulting the doctor.

Dipeptidyl pepti- dase-4 (DPP-4) inhibitors: e.g. Sitagliptin 100 mg	Once daily	Once daily -At time of (Iftar).
(Glucagon-like protein-1 recep- tor agonists GLP-1 RAs): e.g. Liraglutide 6 mg/ml (injection)	Once daily Taken as injec- tion 1.2-1.8 mg once daily at any time of the day.	Once daily -To be taken as injection 1.2-1.8 mg once daily at any time of the day. -If any complications occur, such as nausea, the dose should be reduced after consulting the doctor.

Insulin Intake During Holy Month of Ramadan

Type of Medication	Administration before Ramadan	Administration during Ramadan
Rapid or short acting insulin: Regular Actrapid insulin 100 unit/ml Insulin Lispro 100 unit/ml Insulin Aspart 100 unit/ml	Once daily	Once daily -At time of (Iftar).
	Twice daily Morning and evening time	Twice daily -Morning dose at time of (Iftar) and evening dose to be taken at time of (Suhoor). -The (Suhoor) dose might be reduced by 25%-50% if the blood sugar level reading is stable, after consulting the doctor.
	Three times daily Morning, afternoon and evening time	Twice daily -Morning dose at time of (Iftar) and evening dose to be taken at time of (Suhoor). -The (Suhoor) dose might be reduced by 25%-50% if the blood sugar level reading is stable, after consulting the doctor. -Afternoon dose to be omitted after consulting the doctor.