Taking Your Medication During Ramadan

Ramadan Abu Dhabi
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Ramadan Campaign is aiming to provide you information you need to enjoy RAMDAN in safest way
Please find below topic of interest!

Blood Clotting
High Blood Pressure
Thyroid Disease
Asthma
Pregnancy
High Levels of Lipids in the blood
Dehydration
Diabetes
Consult the physician pre-Ramadan to review feasibility of fasting safely and to make adjustment to the treatment and the dosages, if needed.

It is recommended to begin your Iftar with a source of carbohydrates like eating two pieces of dates or drinking half cup of natural juice.

Do not exercise any high-intensity activities during the day especially at the last hours of fasting to prevent any risk of hypoglycaemia.

Monitor the level of blood sugar right before Iftar and after three hours from Iftar and pre-Sohour to control the dose of Insulin, and to prevent hypoglycemia or hyperglycemia.

Do not overeat large portions of food and carbohydrates at Iftar time to avoid any risk of hyperglycaemia.

It is advisable to drink more often sugar-free fluids such as herbal infusions and tea between evening and dawn in order to beat dehydration during the next daylight.
The Thyroid Gland is located in the base of your neck and it is responsible for releasing the thyroid’s hormone that controls metabolism and the way your body uses energy. A disorder in the Thyroid Gland leads to either deficiency or elevation in the Thyroid hormone.

Levothyroxine is a Thyroid hormone in the form of tablets that is used as a replacement therapy in order to treat patients of hypothyroidism. During Ramadan, the tablets shall be taken once a day before Iftar.

The medications used for treating hyperthyroidism inhibit the production of the Thyroid Gland as they reduce the function of the active Thyroid Gland, prohibit its production and interfere with the secretion of the Thyroid hormone. It is recommended to consult your physician to prescribe the appropriate medication which shall be used once a day.
High Blood Pressure (Hypertension)

- It is a condition of high blood pressure in the arteries which usually does not cause symptoms.
- Uncontrolled blood pressure is a major risk factor for causing several cardiovascular diseases.

- Best taken at Iftar time, or/and at Suhoor time.
- Diuretics, preferable to be taken either with Iftar or about two hours following Iftar.

If you use a beta-blocker medication (example: metoprolol, carvedilol, bisoprolol):
- You should take the medication on an empty stomach/Iftar time.

If taking calcium channel blockers (example: amlodipine, nifedipine):
- Avoid herbs that can increase blood pressure (like ginger and ginseng) and herbs that can lower blood pressure like garlic.
High levels of lipids in the blood (Hyperlipidemia)

What is Hyperlipidemia?
- It is a condition of abnormal elevated levels of any or all types lipids in the blood.
- Hyperlipidemia can be inherited and increases the risk of blood vessels disease leading to stroke and heart disease.

When I should take my medication in Ramadan?
Hyperlipidemia medications are given once daily, hence it is preferable to take your medication at bedtime or at Iftar time.

Is there any medication-Food interaction?
Avoid high quantities of Grapefruit juice with statins (such as, atorvastatin).
Blood Clotting (Coagulation)

What is Coagulation?
It is the process by which blood changes from a liquid to a gel, forming a clot. Disorders of coagulation are disease states that can result in bleeding hemorrhage or bruising) or obstructive clotting (thrombosis).

When I should take my medication in Ramadan?
Most of anticoagulant medications are given once or twice daily so you can take your medication at iftar time, or/and at suhoor time.

Can I reduce my anticoagulant medications in Ramadan?
It is important to take this medication exactly as ordered, since too much of the medication can cause unusual bleeding, and too little can cause clotting.

Is there any Advise you recommend?
- If you are using Miswak, use a soft twig and do it gently to avoid any gum bleeding.
- Use waxed dental floss, avoid tooth picks.
- Never walk bare foot. Use suitable foot wear.
Pregnancy and Breastfeeding

Is it safe to fast?
Yes, if you are having a healthy pregnancy with no complications. You should have rest, avoid stress and if you are breastfeeding consider the age of your baby and his needs. If unsure whether you are fit to fast or not, discuss your case with your doctor.

When to break my fasting?
You should break your fasting when you feel dizzy, have palpitations, blurred vision, decreased fetal movement and dehydration

What is your Recommendation?
Break your fast gradually, have Suhoor as late as possible and drink plenty of fluids

What else I have to do?
Eat 400-500 calories more eat fruits and vegetables avoid pickles, tea and sweets
Asthma

An allergic disease affecting the airways (breathing passages) of your lungs; characterized by bronchospasm, wheezing, and difficulty in expiration, often accompanied by coughing.

Patient using the reliever spray should administer the medication whenever need arises, even if it is during the daylight hours of Ramadan (to review fasting rules; seek the advice from DAR EL EFTAA).

If using the preventer inhaler do so at Suhoor and at Iftar (breakfast).
Dehydration

Dehydration is a condition that occurs when the loss of body fluids, mostly water, exceeds the amount of intake.

While you are fasting in the holy month of Ramadan, and especially if it falls during summer, the body is at an increased risk of dehydration if the fluid, minerals and nutrients are not replaced after breaking Iftar.

Choose the right food: Avoid foods that contain high levels of sugar like soda and high levels of caffeine. Fatty meals especially fast-foods and spicy food should also be avoided.

Avoid the sun and excessive heat as much as you can. Remain in a cool shaded area. Wear a hat or a cap or use an umbrella.

What is Hyperlipidemia?

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SEHA
Abu Dhabi Health Services Co., P.S.C.

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