Ramadan Fasting and Medications

During the holy month of Ramadan, Muslims do not consume anything by mouth from dawn until sunset, including food, water and oral medications.

Safety First
Make sure that the patient can go safely from dawn to sunset without meds.

Adjust Time of Meds
Adjust oral meds so patients need to take them only 1-2 times per day (at dawn and/or sunset).

Adjust Types of Meds
If the dosing times cannot be adjusted, consider a different treatment option.

Adjust the Timing of the Fast
If someone cannot fast over a long summer day, they can make up their fast over the shorter winter days.

Consider the Condition
Conditions such as diabetes, migraine and hypertension need special attention.

For further information, refer to:
Prescriber 2011, vol. 22, issue 13-14, 14-21

Content by Mohamed Alarakhia, BSc (Hons), MD, CCFP; Wasem Alsabbagh, BScPharm, PhD; Nadia Awwad, PharmD, BCPS; Kelly Grindrod, ACPR, PharmD; Huda Wali, BSc, MSc

Design by Adrian Poon, BA