

Ramadan and Medication

During Ramadan, Muslims who fast abstain from food and drink from dawn to sunset. Review these 5 points for safe medication management!

Safety First

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

If they can't, refer the patient to Imam for other ways to honour Ramadan!

Adjust Time of Meds



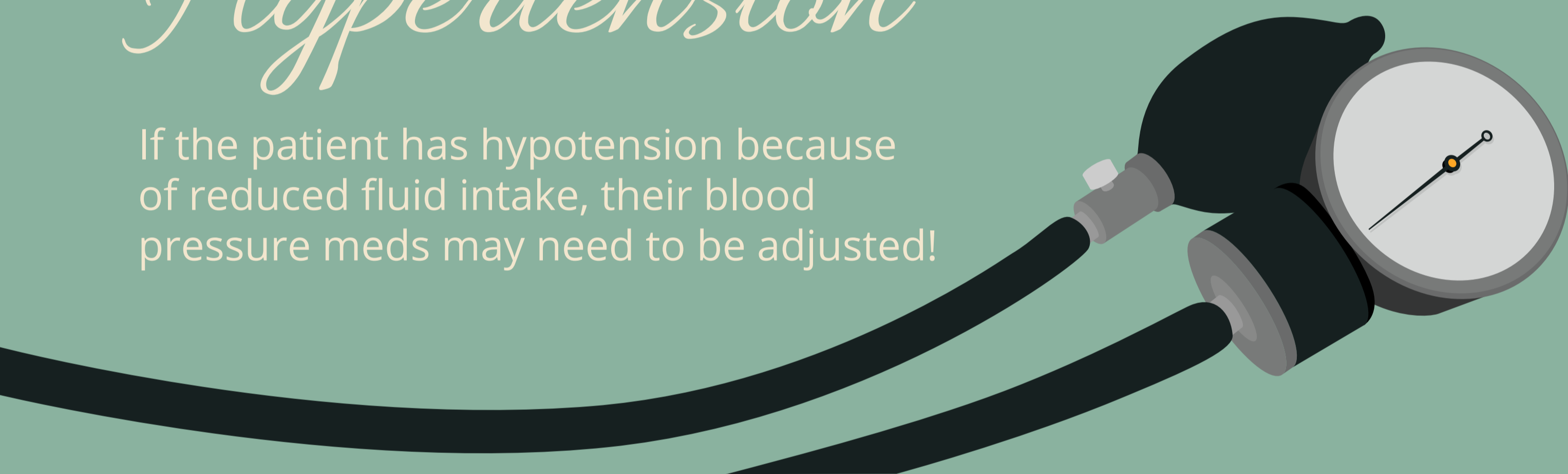
Adjust meds so that patients only need to take them once or twice per day (at dawn and sunset)!

This includes pills, eye/nose/ear drops, suppositories, and blister pack labels.



Hypertension

If the patient has hypotension because of reduced fluid intake, their blood pressure meds may need to be adjusted!



Migraines

Patients with migraines should keep hydrated, stay in cool areas, and avoid too much sun. Also ensure that the suhoor (pre-dawn meal) is taken!

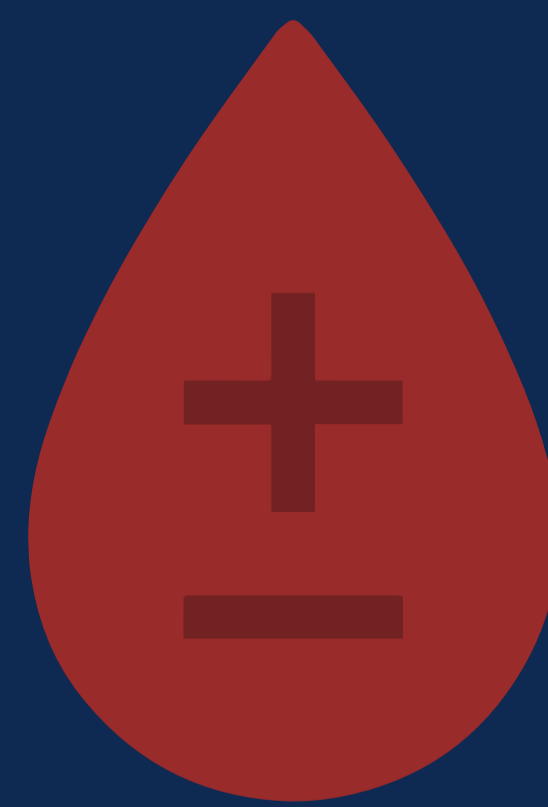


If needed, adjust meds to longer acting anti-migraine alternatives.



Diabetes

Many Muslims with diabetes fast even though they are exempt. Help patients manage fluctuations in blood sugar and offer to adjust the doses/schedules of antihyperglycemic meds!



For further information, refer to:
Diabetes Care August 2010, vol. 33, no. 8, 1895-1902;
Prescriber 24 August 2011, vol. 22, issue 13-14, 14-21

Wasem Alsabbagh, BScPharm, PhD
University of Waterloo School of Pharmacy
Kitchener, Ontario, Canada

Kelly Grindrod, BScPharm, ACPR, PharmD, MSc
University of Waterloo School of Pharmacy
Kitchener, Ontario, Canada

Mohamed Alarakhia, BSc (Hons), MD, CCFP
The Centre for Family Medicine
Kitchener, Ontario, Canada

Nadia Awad, PharmD, BCPS
Robert Wood Johnson University Hospital
New Brunswick, New Jersey, USA

Huda Wali, BSc, MSc
University of Waterloo School of Pharmacy
Kitchener, Ontario, Canada