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 medications.

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

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

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

Remember to adjust pharmacy labels, blister pack labels and to notify the physician.

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

Try to choose antibiotics that are taken only once or twice daily.

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

Consider the Illness
Illnesses such as diabetes, migraine and hypertension need special attention.

Encourage patients to eat suhoor (morning meal) and to stay hydrated. Adjust med doses as needed.