

Guidance for Participants on the NHS Low Calorie Diet Programme during Ramadan

This year Ramadan will run from April 12th to May 13th – when you'll still be on the **Momenta Diabetes Remission Programme**.

As you have diabetes, you're permitted not to fast as the Qur'an makes exceptions for people who are ill or have underlying medical conditions. However, you may still want to fast this Ramadan through your personal choice. If you do, it's very important ***that you fully understand the risks to your health*** and take appropriate action. So please read this guidance thoroughly before deciding to fast this holy month. **We encourage you to speak to your doctor and discuss the risks to your health before deciding whether to fast or not.**



Key points

1. Fasting with diabetes can carry risk. This risk is higher if you're taking medications, have other health conditions or your diabetes is not well controlled.
2. Fasting with diabetes during the NHS Low Calorie Diet Programme could be more challenging. *Read on so that you're fully aware of the complexity and potential risk.*
3. **After reading this guidance, if you're still considering fasting in Ramadan you must seek advice from your GP.**
4. Irrespective of whether you fast or not you'll a need to think carefully about how you approach Eid al-Fitr and what you eat, taking into account which phase of the programme you're on at the time.

For participants in PHASE 1: REBOOT

Your focus during this phase is to lose weight **quickly and safely** so that you have the best chance of putting your diabetes into remission – for good.



Considerations for fasting during Phase 1

- The side effects that commonly occur during total diet replacement (TDR) are very likely to be more frequent, more intense and more severe during long periods without drinking or eating. These include nausea, constipation, headaches, dizziness, irritability and tiredness.
- You may also experience other more serious health risks because you have diabetes and **are fasting and losing weight quickly**.
- It will be even more difficult to manage your medications safely. **If you're taking any medications you must speak with your GP for advice.**

Recommendations for fasting during Phase 1

You should only follow the guidance below once you've confirmed with your GP that it's safe and reasonable for you to fast during Ramadan.

Preparation

- **Try fasting for a couple of days in the month before Ramadan** to see if you're capable of fasting without any complications.
- You must monitor your blood glucose levels, and blood pressure if we give you a blood pressure monitor, more closely than usual by testing at several times throughout the day. Talk to your GP about your plans.

Note: *You will need to buy additional strips for your blood glucose meter or arrange for them with your GP.*



Your **daily** Total Diet Replacement (TDR) during this phase is:

- ♦ FOUR TDR products
- ♦ Fibre supplement to prevent constipation
- ♦ At least 2 litres of additional fluid and possibly more if you're eating bars rather than soups or shakes

It's really important that you **have the 4 TDR products and at least 2 litres of additional fluid** each day during this phase to minimise side-effects and prevent complications.

Recommended pattern



IFTAR: 1 product + 750ml fluid + fibre supplement



ISHA PRAYER (before or after): 1 product + 750ml fluid + fibre supplement



SUHOOR; 2 products (eg shake and a bar) + 750ml fluid + fibre supplement



TIPS

- ♦ We recommend you break your fast with water and *only one* date and consume one of your products before your Maghrib prayer.
- ♦ Drink plenty of water and other low-calorie fluids or try some of the drinks in your *Momenta Workbook* (pages 24-30)
- ♦ Experiment with a pattern that works best for you and still allows you to consume 4 products each day. You may prefer to eat 1½ products at both Iftar and Suhoor eg a shake and half a bar, or you could vary the taste and texture by having a soup and dhal or a shake and pancakes.
- ♦ Consider how you'll make best use of your *Momenta High performance toolkit* (See pages 86-91 of your *Momenta Workbook*).



SHOULD YOU HAVE ANY SIDE-EFFECTS, FEEL UNWELL AND/OR YOUR BLOOD GLUCOSE LEVELS ARE LESS THAN 3.9 MMOL AND BLOOD PRESSURE READINGS ARE NOT NORMAL THEN YOU SHOULD BREAK THE FAST IMMEDIATELY AND CONTACT YOUR GP.