

How can I fast safely (for religious reasons)?

Before fasting



Consult your doctor
if it is safe for you to fast



Adjust your diet with your
healthcare professional



**Adjust your medication or insulin
dose** with your doctor

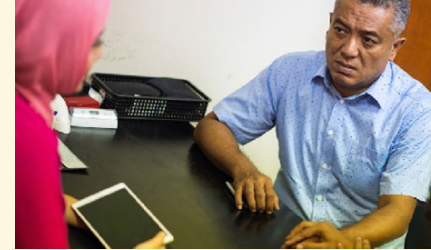
During fasting



Self-monitor blood sugar levels
regularly and **check for
symptoms of hypoglycaemia**
(low blood sugar)



If your blood sugar level is low
(< 4 mmol/L), **stop your fast**
and take a sweetened drink



If symptoms of low or high blood
sugar persist, **stop your fast
and seek medical attention**