

Dear Patient,

As we fast approach the fasting month (Ramadhan) many patients may intend to observe the fast. For those that do so, the following guidance is advised.

As the non-fasting period has increased over the last few years, with this year starting with 8 hours and reducing to just over 6 hours at the end of the month, the below guidance has been updated.

Metformin- **no dose adjustment is required.**

Glibenclamide/Glimeperide –**dose reduction of 50%**

Glucalazide/Glipizide – **normal dose at the time of breaking the fast. 50% reduction of dose at the pre-dawn meal.**

Nateglinide/ Repaglinide – **normal dose at the time of breaking fast. 50% reduction of dose at the pre-dawn meal.**

Pioglitazone – **no dose adjustment required.**

DPP4-i - **No dose adjustment required.**

SGLT2-i - **Continue treatment** during the fasting month

Trulicity– **no dose adjustment required.** Timing of injection should be changed when fast has been opened ie evening (injection not allowed when fasting).

Rybelsus (oral semaglutide) – **Ensure taken with a small amount of water (2-3 sips) when opening fast then food/drink as otherwise after at least 30mins gap. (ie can pray etc and then eat).**

Insulins- **dose adjustment required. Please seek further advice.**

Thank you,

Shifa Surgery