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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 10 hours and reducing to just over 8 hours at the end of the month, the below guidance has been updated.

- **Metformin** - **no dose adjustment is required.** (Consider dose adjustment if Egfr <40).
- **Sulphonylurea** – **Glibenclamide/Glimeperide** – given the long fasts dose reduction of 50% is advised or switching to second generation SU's (gliclazide, glipizide).
 - - **Gliclazide/Glipizide** – normal dose at the time of breaking the fast. 50% reduction of dose at the pre-dawn meal (but may need omitting if meal is low in carbohydrate).
- **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. Advise adequate fluid intake in the fast-free period.
- **GLP-1 receptor Agonists** – **no dose adjustment required.** Individuals may want to change timing of injection, but subcutaneous injections do not break the fast.
- **Rybelsus (oral semaglutide)** – Given the mechanism of action and strict adherence to take the medication on an empty stomach, continue only if individual can ensure taken with a small amount of water (2-3 sips) when opening fast then food/drink as otherwise after atleast a 30mins gap. (ie can pray etc and then eat).
- **Insulins** - **dose adjustment required. Please seek further advice.**

Thank you,
Miss. S. Harrison
(Practice Nurse)