

Diabetes Ramadan Clinic

Helping patients prepare to fast safely.

What is Ramadan?

During Ramadan, many Muslims abstain from eating, drinking and taking medications from sunrise to sunset as an expression of faith.

When is Ramadan?

The Islamic month of Ramadan is expected to take place between **11 March to 9 April 2024**.

Ramadan and diabetes

While some people with Diabetes will choose to abstain from fasting on medical grounds, those who choose to fast may be at risk of unstable glycaemic control and hypoglycaemia.

For patients

If you have Diabetes (Type 1 or Type 2) and would like advice on how to prepare for Ramadan, please ask your doctor to send a referral to the clinic using the link or QR code below.

For doctors

If your patient has Diabetes (Type 1 or Type 2) and would like advice on how to prepare for Ramadan, they are eligible for the Logan Endocrine and Diabetes Service (LEADS) Diabetes Ramadan Preparation Clinic

1. Send your [Diabetes mellitus](#) referral to the Metro South Health Central Referral hub
2. Identify that your patient is participating in Ramadan

Contact information:

Dr Kathryn Berkman

Clinical Lead, Endocrinologist, LEADS

Location: Level 2, Meadowbrook Medical Centre

Information: [Metro South Health Refer Your Patient](#) website

<https://metrosouth.health.qld.gov.au/referrals/diabetes/diabetes-mellitus>

