

Diabetes and Fasting: FAQ's in light of Islamic Law.

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Question: I am a diabetic patient. Over the years I have been fasting in the Holy Month of Ramadhan, now friends of mine who are also diabetic are discouraging me from fasting as they are saying, it is not necessary for a Diabetic to fast. He just needs to give 'Fidyah' or compensation for each day's fast. Is this correct?

Answer: This belief is unfortunately very common. Many Diabetics **are able** to fast, but don't because of a misconception. Many a times only an adjustment in medication may be needed. You should consult a good Muslim doctor and explain your situation to him. If the doctor feels that you may fast and your medication is adjusted accordingly, you should fast.

If the doctor advises that fasting will be extremely detrimental to your health and there is no adequate alternative, then it will be permissible for you not to fast. You will need to donate the amount stipulated for Sadaqatul Fitr to the poor as *fidyah* for each missed fast. If you cannot afford this, then you should make the intention that if you ever become capable of paying this value in the future, you will do so. ¹

However, if your health ever permits you in the future to fast, then you will need to make up these fasts. In such a case, where you have already paid the Fidyah, you will still need to fast. ²

Note: if the Doctor's advice has not been sought, or the Doctor did not say anything and the person has some past experience or noticed certain signs whereby his heart says that fasting will be detrimental to his health, he should not fast. But if he has no past experience, nor does he know anything about this sickness, then his thinking alone is not considered acceptable. ³

Question: If I did fast, I will need to continue to check my blood sugars regularly in the day, to make sure I do not have a 'Hypo'. This involves pricking my finger and extracting a few drops of blood; will this break my fast or affect it in anyway?

Answer: It is permissible to check your blood sugars whilst fasting; checking your blood sugars will not affect your fast in anyway, nor will it break it. ⁴

¹ (Radd ul Muhtaar Vol 2)

² (Fatawa Aalamgeeri Vol 1 Pg 205)

³ (Bahishti Zewar- conditions which permit one not to fast: Masalah No 3)

⁴ (Fataawa Darul Uloom Zakaria Vol 3 Pg 290)

Question: Whilst fasting, if I find that my blood sugars are very low, or I am having a Hypo what do I do?

Answer: You will **break** your fast straight away. Only a Qadha will be necessary after Ramadhan.⁵ **Please be aware that you will NOT be sinful for breaking the fast. It will be obligatory for you to break the fast as self harm is not permissible in Islam.**

Question: Can I go for a blood test whilst I am fasting; it will mean that blood will be taken out?

Answer: Yes you can, it will not break the fast.⁶

Question: Can one give blood whilst fasting?

Answer: Yes. But if it results in weakness it is deemed as Makrooh.⁷

Question: Can I take an injection while fasting?

Answer: Yes, you can, injection does not break the fast.⁸

Question: If one is fasting and is also on a drip of Glucose or other medicine; will the fast still be valid?

Answer: Yes the fast will be valid.⁹ *Note: the Ulama have emphasised, that if the glucose drip is for the purpose of strength only and for no medical reasons, then it is Makrooh.*¹⁰

Question: Can I receive a Flu Jab whilst Fasting?

Answer: Yes, you can. It will not invalidate the fast.¹¹

For further information please contact your local Imams/Ulama.

⁵ (Fatawa Aalamgeeri Vol 1 Pg 307)

⁶ (Fataawa Darul Uloom Zakaria Vol 3 Pg 290)

⁷ (Fataawa Darul Uloom Zakaria Vol 3 Pg 290)

⁸ (Fataawa Darul Uloom Zakaria Vol 3 Pg 290)

⁹ (Fataawa Darul Uloom Zakaria Vol 3 Pg 290)

¹⁰ (Fataawa Darul Uloom Zakaria Vol 3 Pg 290)

¹¹ (Fataawa Darul Uloom Zakaria Vol 3 Pg 290)