

Staying Healthy in Ramadan

Barts Health Changing Lives: What our service users need to know in Ramadan

“Allah intends for your ease and He does not want to make things difficult for you” [2:185]

Frequently asked questions

How to observe Ramadan safely:

It is really important that if you have a medical condition, you see your GP before Ramadan to discuss treatment options that do not interfere with your fast. You can also talk to your Imam.

What should I do if I feel unwell or dehydrated?

If a person's health is at risk due to the fast i.e. dehydration, pregnant or injury they can break their fast as their health is more important, Allah has given permission in the Quran to break the fast. Islam does not require you to harm yourself in fulfilling the fast.

If a fast is broken, it will need to be compensated by fasting at a later date when health is better.

What should I do if I have an appointment in Ramadan?

It is really important that you keep all medical appointments in Ramadan. If you really feel you are unable to keep your appointment during Ramadan, you need to call your GP or hospital to re-schedule your appointment as soon as possible after the Holy Month ends.

What should I do if I have diabetes?

If you take medication such as tablets or insulin to control your diabetes, please speak to your GP before Ramadan starts to find out if it is safe to fast. Not taking diabetic medication is dangerous and can cause immediate and long-term health complications.

Please contact our diabetes team using the numbers on the right for a pre-Ramadan check and for further information. You may not need to fast if you are not medically fit, please speak to your GP and your local Imam or our Muslim chaplaincy service at any of the Barts Health hospital sites.

What should I do if I am having tests or treatment for cancer?

If you are having any procedural tests or treatment for cancer then you will be asked not to fast. If it is a scan without swallowing any medication then your fast will not be broken, you can continue with your fast.

It is highly recommended that all chemotherapy or radiotherapy appointments are kept during Ramadan. It is important that you realise that following strict medication guidance during the month of Ramadan is NOT against your religious beliefs, as it can be extremely dangerous to alter times of medication or to take drugs that require food on an empty stomach.

Please remember that screening saves thousands of lives every year by diagnosing cancer early before there are any symptoms.

Should you wish to have more clarifications, please contact your Cancer Treatment Team or for religious beliefs you can ask your local imam.

Useful contacts

Do you know that Ramadan is a good time to give up smoking? For support and more information please contact our dedicated teams in your area.

Stop smoking services:

Mile End, St Bartholomew's and
The Royal London Hospital
Freephone: 0800 169 1943 Tel: 020 7882 8230
clinicbookings@qmul.ac.uk

Newham University Hospital
Freephone: 0800 013 1673 Tel: 020 3373 6630
stopsmokingteam@newham.gov.uk

Whipps Cross University Hospital
Freephone: 0800 032 0102 Tel: 020 3644 2682
stopsmokingservice@nelft.nhs.uk

Or visit: www.bartshealth.nhs.uk/your-health/smoking/

For religious advice please visit your local Imam or
The Hospital Muslim Chaplaincy service in your area.

Muslim Chaplaincy Service:

The Royal London Hospital Muslim Chaplain: 020 3594 2070
St Bartholomew's Hospital Muslim Chaplain: 020 3465 7220
Newham University Hospital and Whipps Cross University
Hospital Muslim Chaplain: 020 7363 8053

For advice or information on diabetes and a pre-Ramadan
check-up please call your local diabetes services:

Barts Health Diabetes Services:

Mile End Hospital: 020 8223 8609, 020 8223 8744
Newham University Hospital: 020 8586 5200
Whipps Cross University Hospital: 020 8535 6707

For more information please visit
www.bartshealth.nhs.uk/ramadan



Caafimaad-qab Ahow Ramadaanka

Barts Health oo Beddelo Noolosha: Waxyaabaha ay u baahan yihiin inay ogaadaan isticmaaleyaasha adeegeena xilliga Ramadaan

“Ilaahi wuxuu rabaa inuu wax walba kuu fududeeyo, ma rabo in waxyaabaha dhibaato kugu noqdaan” [2:185]

Su'aalaha badanaa la weydiiyo

Sida badbaado loogu soomo:

Waa muhiim in haddii aad qabtid caafimaad-darro u tagto Takhtarkaaga Guud (GP) ka hor intii uu Ramadaanka bilaaban si aad uga wada hadashaan xulashooyinka daaweynta aan faragelinin soonkaaga. Waxaad xittaa la hadli kartaa Imaamkaaga.

Maxaan sameeyaa haddii aan dareemo xannuun ama iga yeraado dareeraha jirka?

Haddii caafimaadka qofku halis galo soonka awgeed, tusaale ahaan haddii qofku jirkiisa dareere la'aan noqdo, uur ama dhaawac leeyahay, waxuu joojin karaa soonka sababtoo ah caafimaadkooda ayaa ka muhiimsan, Ilaahi ayaa Quraanka ku fasaxey in la joojiyo soonka. Diinta Islaanka kaama codsanaayo inaad wax-yello is-gaarsiido sidii aad waajibaadka soonka u fuliso.

Haddii aad soonka joojiso, maalin kale ayaad gudi kartaa maalmaha aad geftey kadib markuu caafimaadkaaga roonaado.

Maxaan sameeyaa haddii aan ballan leeyahay Ramadaanka?

Waa muhiim inaad tegto dhammaan ballamada uu takhtarka kuu sameeyey xilliga Ramadaanka. Haddii aad u maleyso inaad tegi karin ballankaga xilliga Ramadaanka, wac GP'gaaga ama isbitaalkaaga si aad ballan kale u qaban-qaabiso markuu dhamaado bisha Ramadaanka.

Maxaan sameeyaa haddii aan sonkorow qabo?

Haddii aad qaadatid daawooyin sida kaniiniyo ama insulin si aad ugu xakameysid sonkortaada, fadlan la hadal DHaqtarkaaga Guud (GP) Ramadanaka ka hor intuu san bilaaban si aad u ogaatid haddii ay badbaado u tahay in la soomo. Qaasho la'aanta daawooyinka sonkorowga waa halis iyo waxay sababi kartaa dhibaatooyin caafimaad oo markaas iyo mustaqbalka.

Fadlan la xiriir kooxdeena sonkorowga adigoo ka wacaayo lambarada ku qoran dhinaca midig si lagugu sameeyo baaritaan Ramadaanka ka hor iyo lagu siiyo macluumaad dheeraad ah. Uma baahnid inaad soonto haddii caafimaadkaagu uusan fiicneen, fadlan la hadal GP'gaaga iyo Imaamka xaafaddaada ama adeeggeena Wadaadada Muslimiinta ee jooga dhammaan isbitaalada Barts Health.

Maxaan sameeyaa haddii laygu semeeyo baaritaan ama daaweynta kansarka?

Haddii aad mareysid wax baaritaano qaliin ah ama daaweyn kansarka ah kadib waxaa lagu weydiinayaa in aadan soomin. Haddii ay tahay raajo iyada oo aan laheyn wax laqitaan daawo ah kadib soonkaaga ma jabaayo, waad sii wadan kartaa soonkaaga.

Waxaa lagugu talinaayaa inaad timaado dhammaan ballamada daaweynta chemotherapy ama radiotherapy ee lagu sameeyey xilliga Ramadaan. Waa muhiim inaad ogaato in raacidda talo-siinta daawo-qaadashada bisha Ramadaanka UUSAN ka soo horjeedin citiqaadkaaga diimeed, sababtoo ah aad ayuu halis u noqon karaa in la beddelo saacadaha daaweynta ama la qaato daawo u baahan cunto markii caalooshaada waxba ku jirin.

Fadlan ogow in baaritaanka caafimaad uu nolosha kumaakun qofood badbaadiyo sanad walba, kaasoo lagu ogaado kansar calaamadaha cudurka ka hor.

Haddii aad rabtid in aad heshid xaqiijin badan, fadlan la xiriir Kooxdaada Daaweynta Kansarka ama aaminadaha diinta ee aad weydiin kartid imam-kaaga deegaanka.

Xiriiryo wax-tar leh

Maogtahay in Ramadaanka in uu yahay waqti fiican ee lagu joojiyo sigaar-cabidda? Wixii taageero iyo macluumaad dheeraad ah fadlan la xiriir kooxdeena u xilsaaran aagaaga.

Adeegyada joojinta sigaar-cabidda:

Mile End, St Bartholomew's, iyo
The Royal London Hospital
Telefoon bilaash: 0800 169 1943 Tel: 020 7882 8230
clinicbookings@qmul.ac.uk

Newham University Hospital
Telefoon bilaash: 0800 013 1673 Tel: 020 3373 6630
stopsmokingteam@newham.gov.uk

Whipps Cross University Hospital
Telefoon bilaash: 0800 032 0102 Tel: 020 3644 2682
stopsmokingservice@nelft.nhs.uk

Ama booqo: www.bartshealth.nhs.uk/your-health/smoking/

Si aad u hesho talo diimeed u tag Imaamka xaafaddaada ama adeegga Waddaadada Muslimiinta Isbitaalka ee xaafaddaada.

Adeegga Waddaadada Muslimiinta:

The Royal London Hospital Muslim Chaplain: 020 3594 2070
Barts Hospital: 020 3465 7220
Newham University Hospital iyo Whipps Cross University Hospital Muslim Chaplain: 020 7363 8053

Si aad u hesho talo ama macluumaad ku saabsan sonkorowga iyo baaritaanka Ramadaanka ka hor fadlan kala xiriir adeegga sonkorowga xaafaddaada:

Adeegyada Sonkorowga Barts Health:

Mile End Hospital: 020 8223 8609, 020 8223 8744
Newham University Hospital: 020 8586 5200
Whipps Cross University Hospital: 020 8535 6707

Si aad u hesho macluumaad dheeraad ah fadlan u booqo www.bartshealth.nhs.uk/ramadan