

Pregnancy in Ramadan

CLINICAL PRACTICE RECOMMENDATIONS

1 Drink 2 liters of water daily

This will be hard if you don't space out your water intake. Break your fast with a cup of water, drink a cup before and after praying, and drink water during suhoor.

2 And if you don't drink 2 liters...

If you do not drink at least two liters of water, it is not recommended to fast the following day. Dehydration can cause uterine contractions and preterm labor.

3 Eat calorie dense foods

You must be eating calorie-dense foods as well as an adequate amount of calories. Determine how many calories you need while pregnant and ensure you are not skipping meals.

4 Weigh yourself weekly

Weigh yourself once a week while wearing the same clothes. If you are losing weight, consider fasting every other day or every third day to meet the adequate nutrition for you and baby.

5 If you feel contractions...

If you feel any regular uterine contractions, this could be a sign of dehydration. Break your fast and drink water. If the contractions persist for two or more hours, go to the hospital.

6 If you feel dizzy...

If you feel lightheaded, dizzy, or faint for longer than 30 seconds, break your fast. This is a sign that your blood sugar is too low or you are severely dehydrated.

7 Take it easy

While fasting, do not participate in rigorous physical activity. You can continue with regular exercise however do this when not fasting, to ensure adequate hydration.

8 Health is the priority

Ultimately, the health of you and your baby is a priority. Do not continue fasting if you feel unwell or fatigued.