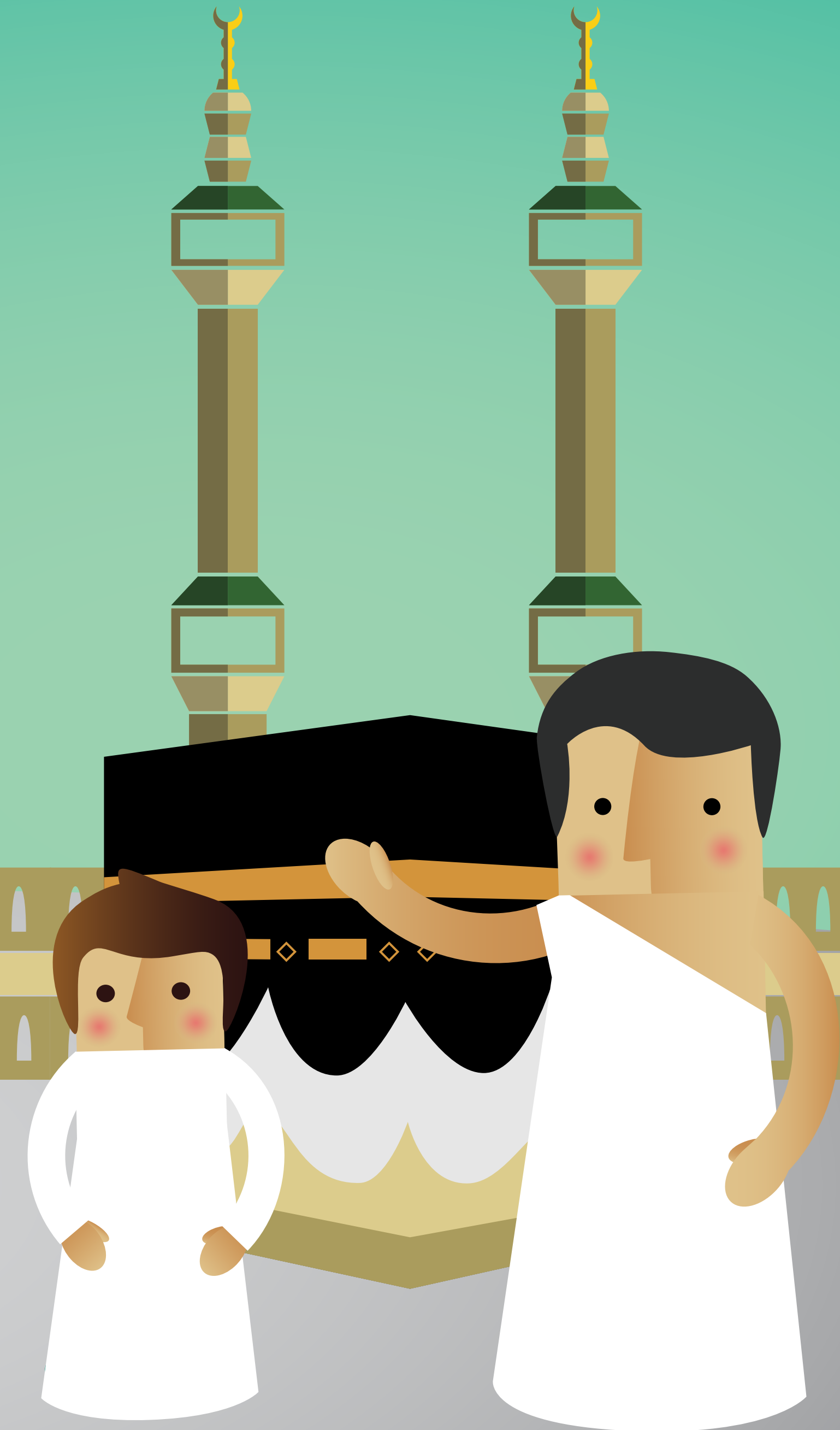
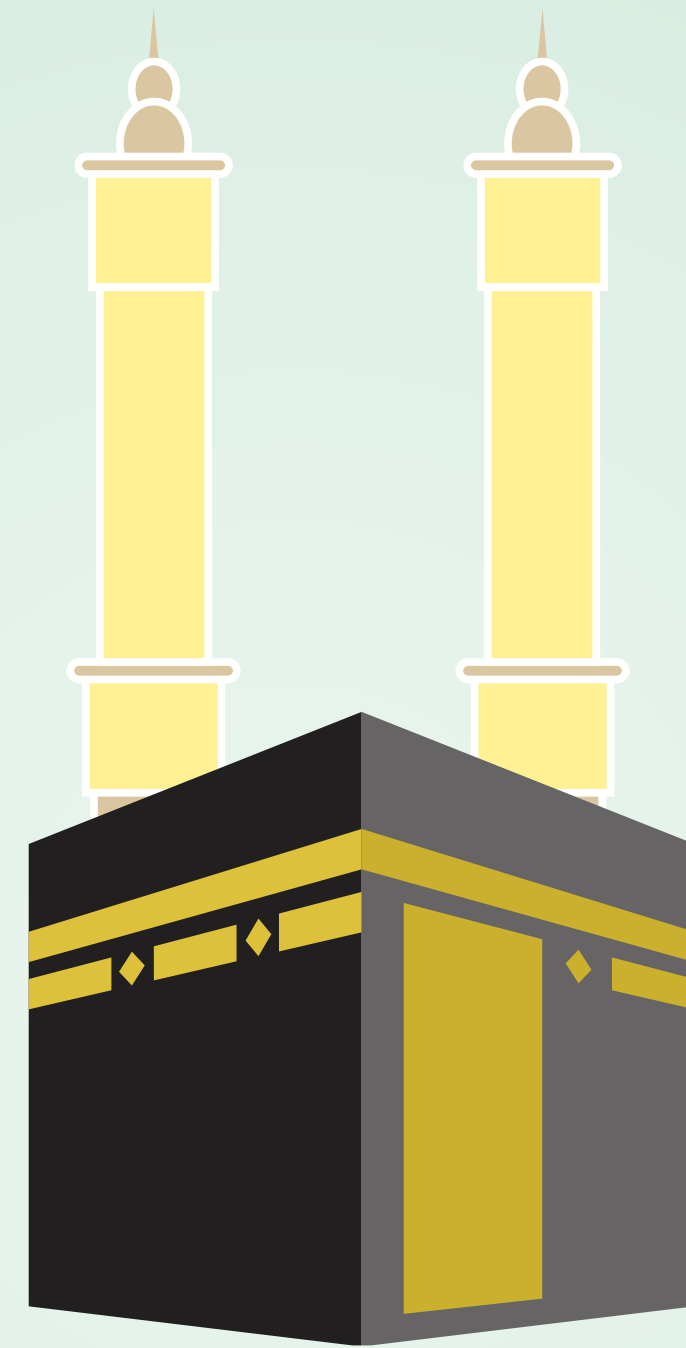


Diabetes in Hajj & Umrah

Your guide to perform safe Hajj & Umrah



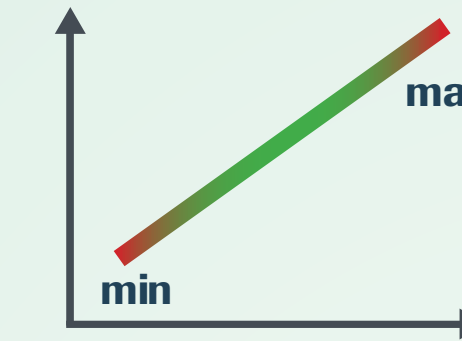
Essential advice for people with Diabetes from Roche Diabetes Care



Hajj and Umrah are important religious events for Muslims. Every year millions of Muslims travel to Makkah to perform the rituals of Hajj and Umrah.

Having diabetes should not stop you from performing Hajj or Umrah; however you need to prepare and plan in advance to ensure your Hajj or Umrah runs as smooth as possible.

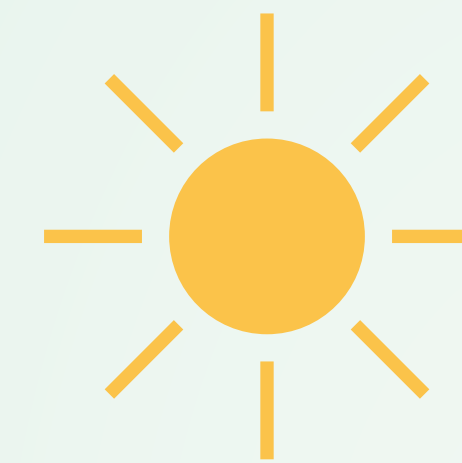
1. Low or high blood glucose levels because of extra physical effort.



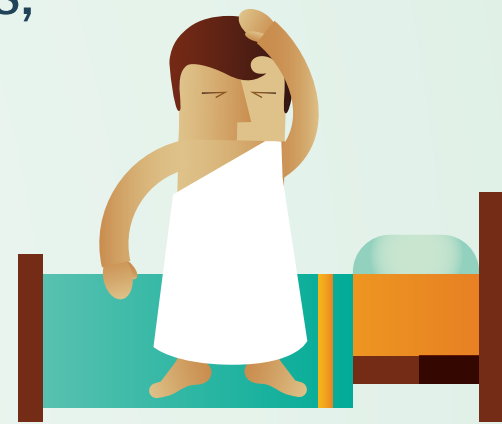
2. Dehydration due to high temperature and insufficient water intake.



3. Heat exhaustion and heat stroke.



4. High risk of infections such as chest infections, diarrhea, and more recently Middle East Respiratory Syndrome (MERS).



5. Foot infections and ulcers due to long walks.



6. Heart problems due to increased physical exertion.



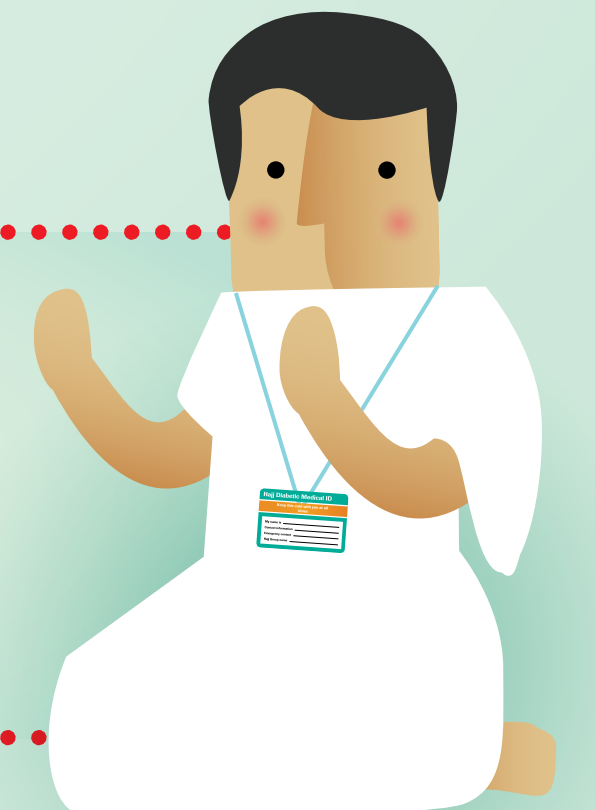
How to prepare for safe Hajj and Umrah?

- Visit your Health Care Professional to have a pre-travel consultation and discuss the following points:
 - How to maintain normal blood sugar levels.
 - How to prevent and deal with complications.
 - How much medications and diabetes supplies to keep with you.
 - Your diet plan during the trip.
 - What to take with you for diabetes emergencies.
 - Your “Sick Day” plan.
- Inform the organizer of your Hajj or Umrah trip of your medical condition.
- Ensure you are up to date with your influenza and meningococcal vaccines 2 weeks before you travel.
- Try to improve your physical fitness before setting off to Hajj or Umrah as some rituals need long walking and physical effort.

What supplies to take when traveling for Hajj or Umrah?

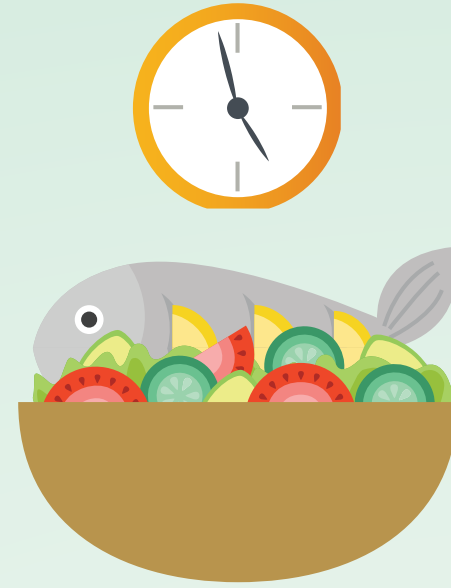
- Adequate amount of medications as advised by your doctor. Make sure they are valid and place them in separate well-labeled containers.
- Cool-pack to store your Insulin.
- Blood glucose meter with enough supply of strips and lancets.
- Ketone dipsticks.
- Diabetes identity card or letter on your diabetes condition and treatment.
- Source of sugar: glucose tablets or juice containing sugar to use in the case of low blood sugar.
- Glucagon injection kit.
- Protective and comfortable footwear.
- Umbrella, cap and sunglasses.

With proper care and well preparations, people with diabetes will be able to travel and enjoy Hajj and Umrah rituals.

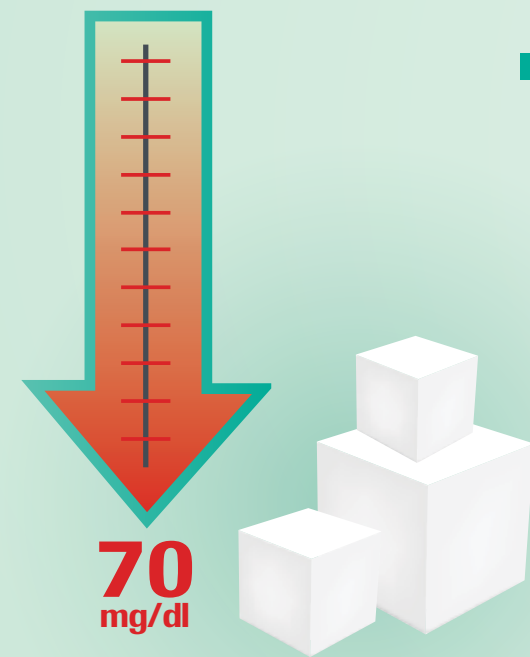


During Hajj and Umrah

- **Be smart with your food choices to keep your blood sugar under control:** Eat grilled or boiled food and avoid fried food. Look for fiber-rich food like vegetables and whole grains. Have meals at regular times.



- **Check your blood sugar** levels before and after each ritual.



- **Be aware of the signs of hypoglycemia:** Make sure you have access to simple sugars at all times in the event of a hypoglycemia episode. This happens when blood sugars drop to less than 70 mg/dL (3.9 mmol/L) and you feel symptoms of dizziness, sweating and palpitations.

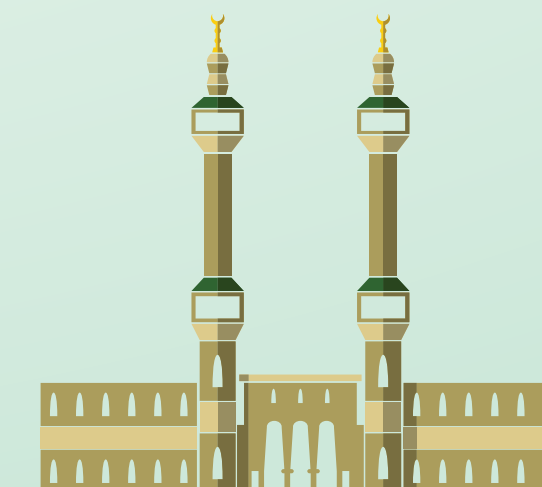


- **Do not over-work your body** when performing the rituals and ensure that you perform them when it is cool, at night for example.

- If any illness occurs, diabetes control will need careful monitoring and **Sick Day** rules should be applied especially if you are using insulin.



- **Avoid heat and dehydration:** Drink plenty of water during the day and use an umbrella or cap to reflect the sun.



Sick Day Rules

- Take your Insulin and diabetes medication as planned with your doctor.
- Test your blood glucose more often.
- Drink lots of fluid:
 - **If your sugar levels are low drink sugar based liquids e.g. fruit juice.**
 - **If your sugar levels are high drink sugar free liquid e.g. water.**
- If you are Type 1; check your urine or blood for ketones.
Consult your medical team as soon as possible.

Tips to avoid foot ulcers and infections during Hajj and Umrah:

- Never walk barefoot.
- Always wear comfortable shoes.
- Wash your feet with soap and water and dry them well.
- Moisturize your feet and avoid the area between the toes.
- Trim your toenails straight across and file any sharp edges.
- Check your feet daily; if cuts or strange signs found, seek a medical advice immediately.

What to do if you have Hypoglycemia?

Take 15 - 20 g glucose or simple carbohydrates such as 1/2 cup of fruit juice or non-diet soda, tablespoon of (sugar, honey or jam), glucose tablet or candies.



Check your blood glucose after 10 - 15 minutes and if it is still below 70 mg/dL (3.9 mmol/L), repeat the treatment as above and consult the medical team.

In severe hypoglycemia (sugar less than 50 mg/dL (2.8 mmol/L) or loss of consciousness) someone will need to inject you with glucagon.



Hajj /Umrah Diabetic Medical ID

Keep this card with you at all times

My name is _____

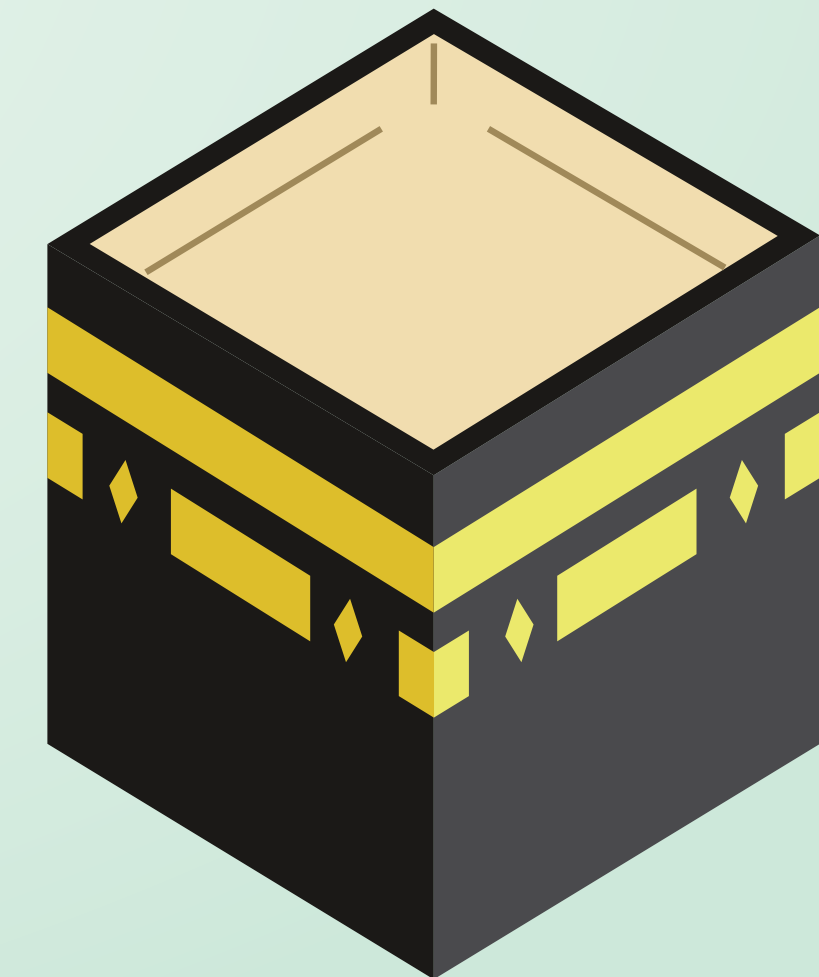
Contact information _____

Emergency contact _____

Hajj/Umrah group name _____

If you find me unconscious or my behavior is unusual it is because I have Diabetes and my sugar may be low. I am on: (tablet - insulin - both)

If I am able to swallow please give me sugar, fruit juice or candies. If I am unconscious please contact a medical team as soon as possible.



References:

Algeffari M. Diabetes and Hajj pilgrims: A Narrative review of literature. Journal of the Pakistan Medical Association. 2019; 69(6).

For more information please contact your healthcare professional.



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