

# RAMADAN 2024 / 1445



**Health  
Check**

Are you aged over 40?  
Remember to book a health check

Use this time to improve your health by eating sensibly and NOT overeating

## Need to contact a GP?

Speak to your practice to arrange a telephone or video consultation or visit your practice website to do an online consultation

You can now order your repeat prescriptions online – download the NHS App to find out more

Are you worried about fasting?

Consult with your GP to get advice. If you take medication, you may want to ask about adjusting the dose or if you need to take them at different times

Ramadan – the ideal time to quit smoking – book an appointment with a local smoking advisor

Things that do NOT break the fast

- Injections (intravenous, intramuscular or subcutaneous)
- Bloods taken (thumb prick or intravenous)
- Eye / ear drops or inhalers
- Eating and drinking out of forgetfulness

The following do NOT have to fast:

- All those who are ill (physical or mental illness) or frail
- Pregnant and menstruating women
- Lactating women who have concerns about their own, or their child's health
- Insulin treated diabetics
- Travellers

Ramadan 1445	Day	Mar/Apr 2024	Fajr Fast Begins	Sunrise	Zuhr Begins	Asr Begins	Maghrib Fast Ends	Isha Begins
1 *☾	Mon	11	04:43	06:20	12:16	04:04	06:02	07:24
2	Tue	12	04:41	06:18	12:15	04:06	06:04	07:26
3	Wed	13	04:38	06:15	12:15	04:07	06:06	07:27
4	Thu	14	04:36	06:13	12:15	04:09	06:07	07:28
5	Fri	15	04:34	06:11	12:14	04:10	06:09	07:30
6	Sat	16	04:32	06:09	12:14	04:11	06:11	07:32
7	Sun	17	04:29	06:06	12:14	04:13	06:12	07:32
8	Mon	18	04:27	06:04	12:14	04:14	06:14	07:34
9	Tue	19	04:25	06:02	12:13	04:15	06:16	07:36
10	Wed	20	04:23	05:59	12:13	04:17	06:18	07:38
11	Thu	21	04:21	05:57	12:13	04:18	06:19	07:38
12	Fri	22	04:20	05:55	12:12	04:19	06:21	07:40
13	Sat	23	04:18	05:53	12:12	04:21	06:23	07:42
14	Sun	24	04:15	05:50	12:12	04:22	06:24	07:43
15	Mon	25	04:13	05:48	12:11	04:23	06:26	07:44
16	Tue	26	04:12	05:46	12:11	04:25	06:28	07:46
17	Wed	27	04:09	05:43	12:11	04:26	06:29	07:47
18	Thu	28	04:08	05:41	12:11	04:27	06:31	07:49
19	Fri	29	04:06	05:39	12:10	04:28	06:33	07:50
20	Sat	30	04:04	05:37	12:10	04:30	06:34	07:51
21	Sun	31	05:02	06:34	01:10	05:31	07:36	08:53
22	Mon	1	05:00	06:32	01:09	05:32	07:38	08:55
23	Tue	2	04:58	06:30	01:09	05:33	07:39	08:56
24	Wed	3	04:56	06:28	01:09	05:35	07:41	08:57
25	Thu	4	04:53	06:25	01:08	05:36	07:43	08:59
26	Fri	5	04:51	06:23	01:08	05:37	07:44	09:00
27	Sat	6	04:49	06:21	01:08	05:38	07:46	09:02
28	Sun	7	04:47	06:19	01:08	05:39	07:48	09:04
29	Mon	8	04:44	06:16	01:07	05:40	07:49	09:05
30 *☾	Tue	9	04:42	06:14	01:07	05:42	07:51	09:06

\*☾ The beginning and end of Ramadan are subject to the sighting of the Moon – Timings based on the London Unified Prayer Timetable

## Suhoor (Pre-Dawn Meal)

HAVE THESE!	INSTEAD OF THESE!
Plain Water	Tea, Coffee, Fizzy drinks
Oats (eg porridge)	Sugary cereals
Protein (eg eggs)	Fried or oily foods
Dates	Sugary sweets or chocolates
Fruit	Biscuits
Brown rice / bread	Pasta
Water (again!)	Dehydrating!

## Iftar (Evening Meal)

HAVE THESE!	INSTEAD OF THESE!
Plain Water. Coconut Water	Tea, Coffee, Fizzy drinks
Vegetables	Fried samosas / pakoras
Protein (eg meat, fish, lentils)	Pizza / Fried Chicken / Chips
Dates	Sugary sweets or chocolates
Couscous / brown rice	Rice / Bread
Fruit	Biscuits
Water (again!)	Overeating!

**Suhoor**, the pre-dawn meal, should be a wholesome, moderate meal that is filling and provides enough energy for many hours. It is therefore particularly important to include slowly-digesting foods in the Suhoor.

**Iftar** is the evening meal which breaks the day's fast. Dates will provide a refreshing burst of much needed energy. The meal should remain a meal and not become a feast!

**"Eat of the good and wholesome things that We have provided for your sustenance, but indulge in no excess therein." Qur'an (20:81)**