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TOP 5 DOS AND DON'TS FOR SAFE PRESCRIBING DURING RAMADAN

As Ramadan is approaching, millions of people in the UK will shortly commence a period of fasting. While it is a spiritual practice, fasting can present challenges for individuals with medical conditions, particularly those requiring regular medication.

With the holy month around the corner, we had an exclusive conversation with **Dr Samira Osman, Senior Clinical Pharmacist and Ramadan Education Lead for British Islamic Medical Association (BIMA)**.

Samira is the national lead for the Healthy Ramadan initiative with the BIMA, spearheading national and international efforts to promote safe prescribing, health education, and self-care during Ramadan. Through BIMA, she collaborates with healthcare professionals and community leaders to provide evidence-based guidance on fasting, medication management, and overall well-being.

DR SAMIRA OSMAN



Samira shared with the Pharmacy Show her practical approaches for adapting treatments and ensuring patient safety during Ramadan, revealing her top 5 essential 'do's and don'ts.' Keep reading to learn essential tips for supporting patients while maintaining their spiritual practices.

AN INTRODUCTION TO PRESCRIBING DURING RAMADAN

Ramadan is a holy month observed by Muslims worldwide, during which fasting from dawn (Suhoor) until sunset (Iftar) is a key act of worship. Fasting involves refraining from eating, drinking, and taking oral medications during daylight hours.

Safe prescribing during Ramadan requires healthcare professionals to adapt treatments to accommodate fasting practices whilst maintaining patient safety and therapeutic effectiveness. By understanding the principles of fasting, its potential impact on health, and the importance of tailored care, prescribers can support patients in managing their conditions effectively during this month.



TOP 5 DOS



1

Assess individual needs

Take a thorough patient history to understand their fasting habits and underlying medical conditions.

2

Optimise medication timing

Adjust dosing schedules to Suhoor (pre-dawn meal) and Iftar (post-sunset meal) for maximum efficacy and minimal disruption.

3

Educate patients

Provide clear advice on how to manage medications during fasting, including when to take them and the importance of adherence.

4

Consider long-acting formulations

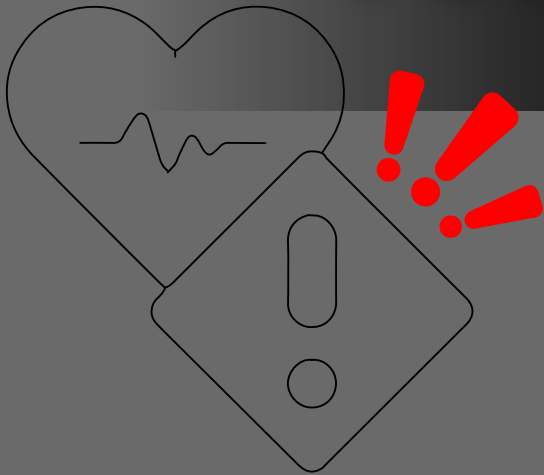
When appropriate, prescribe extended-release formulations to maintain therapeutic levels during fasting hours.

5

Monitor closely

Regularly review patients with chronic conditions to ensure their treatment remains effective and safe during Ramadan.

TOP 5 DON'TS



Don't assume one-size-fits-all

Avoid applying general advice without considering the patient's specific medical and personal needs.

1

Don't ignore potential risks

Be vigilant about dehydration, hypoglycemia, or other fasting-related complications in vulnerable patients.

2

Don't overlook non-oral options

Explore alternative routes of administration, such as patches, inhalers, or injections, if oral medications are challenging.

3

Don't delay adjustments

Proactively plan medication changes well before Ramadan begins to allow for patient adaptation.

4

Don't disregard patient autonomy

Always involve patients in decision-making and respect their preferences while ensuring informed choices are supported.

5

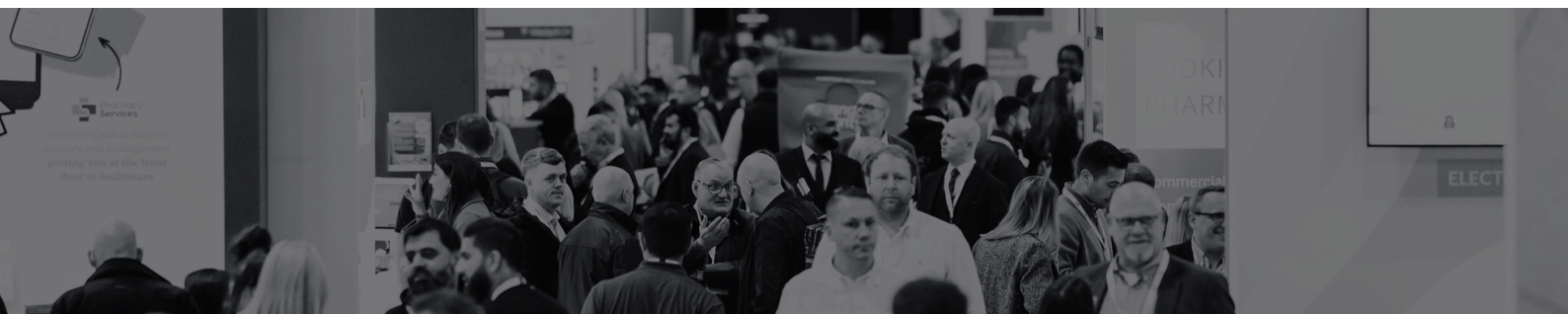
WANT TO LEARN MORE?

The Pharmacy Show is delighted to be hosting Dr Osman for a free-to-attend webinar Thursday 20th February.

Offering a deep-dive into prescribing during Ramadan, Samira will be exploring key considerations and challenges when delivering effective care to fasting patients.

By joining this webinar you will gain essential tips and actionable strategies for supporting patients in managing their conditions effectively during Ramadan.

[Register for the webinar today!](#)



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