



Helping you celebrate Ramadan

We know how important Ramadan is to many of our patients. So we've pulled together some advice to help you participate. Don't forget, fasting isn't obligatory if you are elderly, sick or it would be detrimental to your health. If you do decide to take part, here are some top tips to make it go as smoothly as possible:

WHAT TO EAT

AVOID SALT

If you have a urostomy or ileostomy, you may be at a higher risk of dehydration. Salty, processed or fried foods can be difficult to digest and can make you feel more thirsty.



CONTROL OUTPUT

Avoid foods that make your output loose or give you wind, such as leafy green vegetables, very spicy foods, baked beans and too much fish. Ileostomists may be able to take loperamide during non-fasting periods.



WHAT TO DRINK

STAY HYDRATED

Drink at least 2 litres of non-fizzy water or caffeine-free drinks when not fasting. If you have a urostomy, introduce foods that are high in water, such as melon or cucumber.



INTRODUCE JUICES

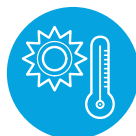
Juicing fruits and vegetables can be a good way of getting the health benefits and extra fluids if you are unable to eat whole pieces of fruit and vegetables



OTHER HINTS AND TIPS

KEEP COOL

If the weather is hot, try to stay cool and don't exert yourself too much. Try to keep out of direct sunlight.



DELAY FASTING

Patients who have recently had surgery may be excused from participating. Discuss this with your Imam or mosque leader and see if you can 'make up the days' after you have completed your recovery.



CHANGE REGULARLY

Change your bag daily to check the health of your stoma. It's important to ensure your stoma is pink, red and moist.



WHAT IF I BECOME UNWELL?

Stop fasting and contact your GP. If you are concerned about any of these issues or how your stoma may be affected, please speak to your local hospital, GP or Stoma Care Nurse for more information.



Kindly written by Salts Medilink® Stoma Nurses Lisa Hall, RGN; and Sarah Ashworth, RGN, with invaluable input from their patients. **This information is available for your patients in English, Arabic and Urdu. Contact Medilink® today:**



NURSE DIRECT CONTACT LINE
0800 028 8014



enquiries@saltsmedilink.co.uk



www.saltsmedilink.co.uk



@SaltsMedilink



@SaltsMedilink

© Registered trade mark of Salts Healthcare Ltd. Medilink® is part of the Salts Healthcare Ltd. Group. RM765592 02/19



5 035706 083595 >