

Fasting in Ramadan on cardiac medication

Can you fast in Ramadan while on heart medication? The answer depends on your condition, your doctor's assessment, and what Islamic teaching says about illness — there is no single answer for everyone.

Faith, travel and local services

Educational draft. Clinical review pending. Quotations retained from the original text are not verified member testimonials.

Every Ramadan the same question arrives: “I’m on heart medication — can I fast?” It is a sincere question, born of devotion and care, and there is no single answer for everyone. Fasting is a personal decision that brings two things together: the state of your heart health, and what Islamic teaching says about a person who is ill. No article — not even this one — can decide it for you.

What Islamic teaching says about illness and fasting

The mercy of Islamic law shows clearly in the rules of fasting: the person who is ill is explicitly permitted to break the fast. The Quran says: “And whoever among you is ill or on a journey, then an equal number of other days” (Al-Baqarah 2:185). Illness is a valid exemption named in the Quran itself: someone who breaks the fast because of illness makes up the missed days later when their health allows, and someone who cannot fast at all — because of age or chronic illness — has an alternative set by the law: feeding a needy person for each missed day (fidyah). The details of these rulings are explained by scholars of fiqh, and you can ask a trusted scholar or a reliable fatwa authority to apply them to your situation.

Why your doctor's view matters

The medical side matters just as much. Many cardiac patients are advised not to fast — not because fasting is forbidden, but because their condition cannot safely absorb changes in medication timing or a drop in fluids. Some heart medications are taken more than once a day; some must stay steady in the body, and changing their timing or stopping them without

guidance can lead to serious complications. Dehydration over a long day strains the heart — especially for someone with heart failure, unstable blood pressure, diabetes alongside heart disease, or recent surgery.

What to discuss with your cardiologist before Ramadan

Discuss these points weeks before Ramadan, not on the first day:

- Is fasting safe for my specific condition — and what would make me break the fast during the day?
- How would my medication times be rearranged if the doctor approves fasting? (Never change any medication timing on your own.)
- How much fluid am I allowed between iftar and suhoor?
- What symptoms mean break the fast immediately and contact the team?

Call for help if

During the fasting day you feel severe dizziness, chest pain, palpitations, near-fainting, or unbearable thirst — break the fast right away, drink, and seek care. Breaking the fast to protect your health is consistent with Islamic teaching; don't wait for things to worsen. This is general guidance, not a religious ruling — the ruling for your situation comes from someone you trust in religious knowledge.

Take it to your team

The decision about fasting this year needs both sides together: your doctor settles the medical side (whether your condition allows it, and how to manage medication and fluids), and someone you trust in religious knowledge clarifies the religious side (making up days, fidyah, and the ruling for your case). Bring the two together before you decide — don't settle for one opinion alone. And tell your doctor that you want to fast, so the advice is based on your real situation, not assumptions.

The final decision — whether you fast this year, and how — is a shared decision between you and your own team, guided by what Islamic teaching prescribes for your situation. This article is education, not a fatwa and not a prescription.

Questions to take to my team

☐ Is fasting safe for my specific condition — and what would make me break the fast during the day?

☐ How much fluid am I allowed between iftar and suhoor?

☐ What symptoms mean break the fast immediately and contact the team?

☐ If my doctor approves fasting, how will the team arrange my medication times?

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.