



Using eye drops during Ramadan

If you are fasting during Ramadan, this leaflet will advise you on how to continue managing your eye condition through the use of your eye drops. Your condition may worsen if you do not use your eye drops or attend your hospital appointments, so it is really important to speak to us if you have any further questions or concerns after reading this leaflet.

Would using eye drops during Ramadan break my fast?

No. According to The Muslim Council of Britain, your fast will be broken only if an 'agent of consequence' (meaning a substance with nutritional or medicinal benefit) reaches the throat, stomach, intestines, or any cavity that has a pathway, and settles there. **This does not apply to eye drops, ear drops, injections and blood tests.**

Why is it important to continue using my eye drops during Ramadan?

In order for your condition to be treated as effectively as possible, it is **essential** that

you continue regular use of your eye drops, as instructed by your clinician. If you still wish to stop using your drops because of Ramadan, please ensure you discuss this first with your clinician, as it may be possible to adapt your course of treatment according to your fasting schedule.

Why is it important to attend my hospital appointments during Ramadan?

We fully respect your choice to fast however, it is really important that you keep all your hospital appointments during Ramadan. This is to ensure that our clinical teams continue to keep a check on and manage the health and wellbeing of your eyes. If you would prefer a different appointment time and/or date to the one we have offered you, please notify us.

Where possible, we will try to offer you an appointment at a preferred time, such as outside of prayer times.

Please be aware that if we are not notified in advance that you would like to change your appointment you may be discharged back to your GP.

During your appointment, we may need to administer diagnostic eye drops. We are aware that you may be hesitant to have this done in case the drop runs down the back of your mouth or throat, leaving an unpleasant taste. However, this can be avoided by closing your eye and pressing gently on the inner corner of your eye for 30-60 seconds, to ensure the drop is fully absorbed. This will prevent the eye drop escaping from your eye and entering your mouth or throat. Please see the infographic below for further detail.

Close your eye and press gently on the inner corner of your eye for 30-60 seconds to ensure the drop is fully absorbed.



Reference:

Muslim Spiritual Care Provision in the NHS.

Prepared by Mufti Zubair Butt, Shariah Advisor and credited by the Muslim Council of Britain, in partnership with the Department of Health and Social Care.

For more information, please see the Ramadan Health Fact Sheet, which can be found on the Muslim Council of Britain's website.

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Revision number: 2

Approval date: April 2022

Review date: April 2025

Moorfields Eye Hospital NHS Foundation Trust

City Road, London EC1V 2PD

Phone: 020 7253 3411

www.moorfields.nhs.uk

Moorfields Direct telephone helpline

Phone: 020 7566 2345

Monday-Friday, 8.30am-9pm

Saturday, 9am-5pm

Information and advice on eye conditions and treatments from experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)

Phone: 020 7566 2324/ 020 7566 2325

Email: moorfields.pals@nhs.net

Moorfields' PALS team provides confidential advice and support to help you with any concerns you may have about the care we provide, guiding you through the different services available at Moorfields. The PALS team can also advise you on how to make a complaint.

Your right to treatment within 18 weeks

Under the NHS constitution, all patients have the right to begin consultant-led treatment within 18 weeks of being referred by their GP. Moorfields is committed to fulfilling this right, but if you feel that we have failed to do so, please contact our patient advice and liaison service (PALS) who will be able to advise you further (see above). For more information about your rights under the NHS constitution, visit www.nhs.uk/choiceinthenhs

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