

To the Muslim Patients of Tower Hamlets

Respected Brothers and Sisters,

Assalamu alaikum wa rahmatullah.

May Allah bestow us all with the blessings of the holy month of Ramadhan. I am writing today to bring a very important matter to your attention.

I have been informed, by the local NHS that a considerable number of patients abandon taking day-time medicines in the month of Ramadhan and others (about half of all patients) take day-time medicine with their evening dose (thus doubling up the evening dose). In many cases this may have serious adverse effects.

There are situations when the dose and time of certain types of medicines can be changed, while it is not possible in other situations and with other medicines. Your doctor and the pharmacist will know these things better and it is advisable to ask them whether it is safe for you to fast and if the dose of your medicine can be changed. They will be pleased to help you with the right decision. It is important that you follow the instructions of your doctor or pharmacist for the benefit of your own health.

I would like to remind all the Muslim patients that illness is one of the occasions when Muslims are allowed to break their fasting. **It's a concession offered by Allah Subhanahu wa Ta'ala and it is a sign of His mercy upon mankind.** According to Islamic shariah, taking advantage of concessions given by Allah (SWT) is rather more virtuous. Patients suffering from severe or chronic illnesses such as breathing disorders, severe heart disease or kidney disorders are automatically exempt from fasting, because doing so may harm their health.

It is not wise and **NOT ISLAMIC AT ALL** to cause suffering to yourself by not obeying the instructions of doctors or pharmacists while you are under treatment. If you have an illness from which you will recover then you are exempt from fasting. However when you recover from the illness, you will have to make up for the days missed.

Please note as a matter of rule:

There is no restriction on having or using the following items during Ramadan:

Having a blood test.

Having an injection (which is not a substitute for food).

Using eye drops

However taking any food or medicine that is used as a substitute for food that reaches the body by mouth, through injection or by any other means will invalidate your fasting.

Contents of inhalers (for breathing conditions), nose drops and eardrops can enter the stomach and thus invalidate your fast. Patients using the above should consult with a doctor or pharmacist to see if the time of the doses can be safely changed. If the times cannot be changed, patients should use the medicine, which will break their fast, and once full health is attained patients are required to make up the missed fasts. However, if they never come back to normal health, they will need to feed a poor person for a day on a minimum amount of £5.00 per missed day.

May Allah give us tawfique to follow the right path.

Wassalam.

Yours sincerely

Imam A Hussain

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