



# Ramadan 2026 Calendar



For precautionary measures end sehri 5 mins before Sehri Time ends

## Ramadan 1447

Date	Day	Fajr/Sehri End		Sunrise	Zuhur		Asar		Iftari Magrib	Isha		
		Start	Jamat		Start	Jamat	Start	Jamat		Start	Jamat	
1	19	THUR	5:19	6:00	7:20	12:20	1:00	3:28	3:45	5:26	7:23	8:30
2	20	FRI	5:16	-	7:17	12:20	-	3:29	-	5:28	7:25	-
3	21	SAT	5:14	-	7:15	12:20	-	3:31	4:00	5:30	7:27	-
4	22	SUN	5:12	-	7:13	12:20	-	3:33	-	5:32	7:29	-
5	23	MON	5:10	-	7:10	12:20	-	3:35	-	5:34	7:31	-
6	24	TUES	5:08	-	7:08	12:20	-	3:37	-	5:36	7:33	-
7	25	WED	5:05	-	7:06	12:19	-	3:39	-	5:38	7:35	-
8	26	THUR	5:03	-	7:03	12:19	-	3:41	-	5:40	7:37	-
9	27	FRI	5:01	5:45	7:01	12:19	-	3:42	-	5:42	7:39	-
10	28	SAT	4:58	-	6:59	12:19	-	3:44	-	5:44	7:41	-
11	1	SUN	4:56	-	6:56	12:19	-	3:46	4:15	5:46	7:43	-
12	2	MON	4:53	-	6:54	12:18	-	3:48	-	5:48	7:45	-
13	3	TUES	4:51	-	6:51	12:18	-	3:49	-	5:50	7:47	-
14	4	WED	4:48	-	6:49	12:18	-	3:51	-	5:52	7:49	-
15	5	THUR	4:46	-	6:46	12:18	-	3:53	-	5:54	7:51	-
16	6	FRI	4:43	5:30	6:44	12:18	-	3:55	-	5:56	7:53	-
17	7	SAT	4:41	-	6:41	12:17	-	3:56	-	5:58	7:56	-
18	8	SUN	4:38	-	6:39	12:17	-	3:58	-	6:00	7:58	-
19	9	MON	4:35	-	6:36	12:17	-	4:00	4:30	6:02	8:00	-
20	10	TUES	4:33	-	6:34	12:17	-	4:02	-	6:04	8:00	-
21	11	WED	4:30	-	6:31	12:16	-	4:03	-	6:06	8:00	-
22	12	THUR	4:27	5:15	6:29	12:16	-	4:05	-	6:08	8:00	-
23	13	FRI	4:24	-	6:26	12:16	-	4:06	-	6:10	8:00	-
24	14	SAT	4:24	-	6:24	12:16	-	4:08	-	6:12	8:00	-
25	15	SUN	4:22	-	6:21	12:15	-	4:10	-	6:14	8:00	-
26	16	MON	4:19	-	6:19	12:15	-	4:11	-	6:16	8:00	-
27	17	TUES	4:16	5:00	6:16	12:15	-	4:13	-	6:18	8:00	-
28	18	WED	4:13	-	6:14	12:14	-	4:15	4:45	6:20	8:00	-
29	19	THUR	4:10	-	6:11	12:14	-	4:16	-	6:22	8:00	-
30	20	FRI	4:07	-	6:09	12:14	-	4:18	-	6:24	8:02	-

All Islamic dates are subject to the visibility of the moon.

### Safe Fasting and Managing Diabetes

#### Do

- ✓ See your doctor or healthcare team for diabetes advice before fasting.
- ✓ Drink lots of water in the non-fasting hours. Get time outdoors to increase vitamin D levels.
- ✓ Both at Suhoor and Iftar, eat foods such as a handful of basmati rice, daal or 1-2 small wholemeal chapattis to give you slow-release energy. Include some lean protein and lots of vegetables.
- ✓ If you have a blood glucose meter check your sugar levels 3-4 times through the day, whether your diabetes is treated with tablets or injections.
- ✓ Break your fast if you feel 'hypo' (dizzy, hungry, sweaty, tired, blurred vision) and your blood sugar level is less than 4.0 mmol/L - this is really important if you get a low blood glucose result in the early stages of your fast.

#### Don't

- ✗ Fast if you are pregnant without seeking medical advice.
- ✗ Fast if you are on dialysis.
- ✗ Fast if your diabetes is not being managed well at this time (which means HbA1c is higher than 64 mmol/mol).
- ✗ Exercise too energetically during the fasting hours.
- ✗ Eat large amounts of sugary snacks, such as samosas, dates, milkshakes and oily rice. Only eat 2 or 3 dates to break your fast.

If you need advice from a health professional, contact your GP. If you are a Newcastle Diabetes Centre patient, call 0191 282 3867.

### Diabetes UK

Diabetes UK has Diabetes and Ramadan information for people living with diabetes who are thinking about fasting with tips, videos and stories. Their Facebook group [Diabetes UK chat: Your Friends in the North](#) is for supporters and people touched by diabetes in the North of England.

Call the Diabetes UK Helpline on 0345 123 2399

### Manage your glaucoma during Ramadan

If you've been prescribed eye drops for your glaucoma, it is essential you continue to use them to prevent damage to your sight.

The charity Glaucoma UK can help you manage your glaucoma while fasting this Ramadan.

Visit: [www.glaucoma.uk/ramadan](http://www.glaucoma.uk/ramadan)

### Connected Voice Haref

We work with ethnically marginalised communities to tackle health inequalities and improve access to health services.

Learn more about our work at: [www.connectedvoice.org.uk/haref](http://www.connectedvoice.org.uk/haref)

