

Important Questions about Fasting in Ramaḍān

When should I make my intention to fast?

Hafṣa cited the Messenger of Allāh ﷺ saying: **“Whoever does not make intention to fast during the night (before fajr), then there is no fast for him.”** [See Ṣaḥīḥ Abī Dāwūd (no.219) & al-Irwāʾ, al-Albānī (4/45)].

Should I eat the pre-dawn meal (suhūr)?

Anas ibn Mālīk cited the Prophet ﷺ saying: **“Eat the pre-dawn meal (suhūr) because there are blessings in it.”** [Reported by al-Būkhārī (no.1923)].

When do I start fasting?

Fasting begins when the time of Fajr has entered. Allāh said: **“...and eat and drink until the white thread becomes distinct to you from the black thread of the dawn.”** [2:187].

Is my supplication answered when I’m fasting?

Anas ibn Mālīk cited the Prophet ﷺ saying: **“Three supplications are not rejected: the supplication of a father for his child, the supplication of a fasting person, and the supplication of a traveler.”** [See aṣ-Ṣaḥīḥah (no.1797), al-Albānī].

When do I break my fast?

Sahl ibn Ṣa’d cited the Messenger of Allāh ﷺ saying: **“The people will continue to be upon good as long as they hasten to break their fast.”** [See al-Būkhārī (no.1856)]. The fast should be broken at sunset.

What should I break my fast with?

Anas ibn Mālīk said: **“The Messenger of Allāh used to break his fast with ripe dates before praying; if there were none available, then he would use dry dates, and if there were none available then he would take a few sips of water.”** [See al-Irwāʾ(4/45), al-Albānī].

What should I say when Breaking fast?

‘Abdullāh ibn ‘Umar said: “When the Messenger of Allāh broke fast, he would say

ذَهَبَ الظَّمْأُ وَأَبْثَلَتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

“The thirst has gone, the veins have been moistened and the reward is confirmed, if Allāh wills.” [See al-Irwāʾ(4/39), al-Albānī].

Does It Break the Fast?

No.	The Cause	The Ruling	The Muftī	The Condition
1	Smelling or applying liquid-based perfumes or incense	Doesn't break the fast	Shaykh Ibn al-'Uthaymīn & Shaykh Ibn Bāz	It is permissible to smell incense in a room or elsewhere as long as you do not inhale and ingest it
2	Bleeding from the mouth or nose	Doesn't break the fast	Shaykh Ibn al-'Uthaymīn	Swallowing blood should be avoided
3	Using an inhaler	Doesn't break the fast	Shaykh Ibn al-'Uthaymīn & Shaykh Muqbil	
4	Removing a tooth	Doesn't break the fast	Shaykh Ibn al-'Uthaymīn	
5	Undergoing a blood test	Doesn't break the fast	Shaykh Ibn al-'Uthaymīn	Unless the extraction of blood equates to the same amount of blood extracted from cupping
6	Masturbation	Breaks the fast	Shaykh Ibn al-'Uthaymīn	If the person doesn't ejaculate then he needs to repent from the sin of masturbating, however the fast is still valid
7	Nose drops	Doesn't break the fast	Shaykh Ibn al-'Uthaymīn	Unless taste of drops reaches the throat or stomach
8	Nosebleeds	Doesn't break the fast	Shaykh Ibn al-'Uthaymīn	Unless the cause of bleeding happens intentionally
9	Tasting food	Doesn't break the fast	Shaykh Ibn al-'Uthaymīn	It is permissible for the one preparing the meal to taste food using the tip of the tongue whilst taking precaution in not swallowing anything
10	Lying, swearing or using bad speech	Doesn't break the fast	Shaykh Ibn al-'Uthaymīn	Nonetheless, using bad speech reduces the reward of fasting
11	Sexual relations	Breaks the fast	Shaykh Ibn al-'Uthaymīn	
12	Wet dream or waking up <i>junūb</i> from relations the night before	Doesn't break the fast	The Permanent Committee of Major Scholars & Shaykh Ibn Bāz	
13	Using toothpaste or mouthwash	Doesn't break the fast	Shaykh Ibn Bāz, Shaykh Ibn al-'Uthaymīn & Shaykh Ṣāliḥ al-Fawzān	However it is preferable to avoid using strong toothpaste or mouthwash as they may reach the throat
14	Vomiting	Doesn't break the fast	Shaykh Ibn Bāz	Unless vomiting happens intentionally
15	Kissing and hugging	Doesn't break the fast	Shaykh Ibn al-'Uthaymīn	This is only allowed if it does not lead to sexual arousal. The emission of prostatic fluid does not break the fast unless resulted in ejaculation
16	Cutting hair or trimming the nails	Doesn't break the fast	The Permanent Committee of Major Scholars	
17	Having a shower or bath	Doesn't break the fast	The Permanent Committee of Major Scholars & Shaykh Ibn Bāz	If the person swallows water unintentionally, the fast is still valid and he doesn't have to make up the fast – Ibn Bāz
18	Applying henna	Doesn't break the fast	Shaykh Ibn al-'Uthaymīn	
19	Swimming or diving into water	Doesn't break the fast	Shaykh Ibn al-'Uthaymīn	Nonetheless, it is disliked to swim whilst fasting, especially in sea water - Shaykh Muqbil
20	Intentionally eating or drinking	Breaks the fast	Shaykh Ibn al-'Uthaymīn	Unless eating or drinking happens unintentionally
21	Cupping	Breaks the fast	Shaykh Ṣāliḥ al-Fawzān	The Prophet said: "The one cupping and the one undergoing cupping both break their fast." [Ṣaḥīḥ Abi Dāwūd no.2074]
22	Taking anaesthetic injection	Doesn't break the fast	Shaykh Ibn al-'Uthaymīn	
23	Nutritional injections	Breaks the fast	Shaykh Ibn al-'Uthaymīn	Nutritional injections are considered similar to food
24	Using cosmetics or make-up	Doesn't break the fast	Shaykh Ibn al-'Uthaymīn & Shaykh Ibn Bāz	
25	Eye drops	Doesn't break the fast	Shaykh Ibn al-'Uthaymīn & Ibn Taymiyyah	Doesn't break the fast even if taste of drops reaches the throat

Taken from *Fatāwā al-Lajnah ad-Dā'imah lil-Buhūth al-'Ilmiyyah wal-Iftā, Ash-Sharḥ al-Mumtī'* by Shaykh Ibn al-'Uthaymīn, *Majālis Sharḥ ar-Ramaḍān* by Shaykh Ibn al-'Uthaymīn, *Fatāwā Ramaḍān* by Shaykh Ibn al-'Uthaymīn, *al-Muntaqa min Fatāwā ash-Shaykh Ṣāliḥ al-Fawzān* *Fatāwā Arkān al-Islām* by Shaykh Ibn al-'Uthaymīn, *Majmū al-Fatāwā* ash-Shaykh Ibn Bāz