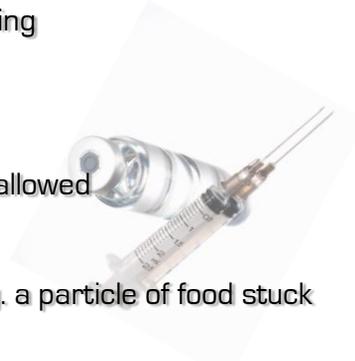


What Breaks my FAST



- ❌ Eating or drinking intentionally
- ❌ Forcing oneself to vomit a mouthful or more.
- ❌ To **intentionally** swallow the vomit even though it is less than a mouthful
- ❌ To administer any medication through nose or the ear e.g. Nasal spray
- ❌ To intentionally indulge in intercourse
- ❌ To swallow somebody else's saliva
- ❌ To administer any medication through the rear passage or rectum example suppository
- ❌ Whilst being aware of ones fast to mistakenly swallow water when gargling
- ❌ To partake of food even though the time of *sehri* has elapsed
- ❌ To begin eating before the time of *iftar*
- ❌ If a person's tears enters the mouth and after realising its taste, it is swallowed
- ❌ The same will apply for perspiration
- ❌ Swallowing a particle of food greater or equal to the size of chick pea e.g. a particle of food stuck in between the teeth etc.
- ❌ If a particle of food less than the size of a chick pea is removed from the mouth and then put back into the mouth and swallowed
- ❌ If a person swallowed saliva which is mixed with blood and the blood content was more than the saliva (the taste of the blood is evident)
- ❌ To swallow the glue or taste thereof after licking an envelope
- ❌ To swallow an insect e.g. a fly
- ❌ To smoke a cigarette, hookah etc.
- ❌ To inhale any smoke or vapour intentionally e.g. incense, e-cigarette or loban (frankincense)
- ❌ To intentionally inhale steam e.g. medicinal purposes
- ❌ To use an inhaler e.g. asthma inhaler



Note: irrespective of whether the inhaler is used via the mouth or nose

- ❌ If a tablet is placed under the tongue and some of the particles are swallowed e.g. the treatment of angina
- ❌ After forgetfully eating one continues eating, thinking the fast is broken
- ❌ During a nosebleed if a person forcefully sniffs in blood causing the blood to be ingested.
- ❌ To swallow toothpaste
- ❌ To swallow the flavouring of an artificially- flavoured *Miswaak*