
Women's and Children's Health Research Institute



Women's and Children's Hospital

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Thank you for your
interest in our
study.

We look forward
to hearing from
you!

This study has been reviewed and
approved by the Human Research
Ethics Committee at the Women's
& Children's Health Network.



The ORIP study

**A Omega-3 fat study to
reduce the risk of babies
being born too soon**





Why we are doing ORIP

Most infants are born at term (around 40 weeks of pregnancy) but about 1 in 12 babies are born too soon often without any warning signs. There are many health risks of being born too soon such as lung disease, development delay and in some cases even death. Therefore it is important that we find ways to prevent babies from being born too soon.

You may have heard of omega-3 fats which are natural fats found in fish and fish oils. While omega-3 fats are known to be good for a healthy heart, now there are suggestions that they may also stop pregnant women from having their baby early. It is hoped that the ORIP study will answer whether increasing the amount of omega-3 fats in the diet of pregnant women will help lower the risk of having a premature baby.



Omega-3 Fats to Reduce the Incidence of Prematurity

What does ORIP involve?

Women will be asked to take capsules that contain either a high amount of omega-3 fat, or capsules that contain a small amount of omega-3 fat.

Women will be asked to:

- Take 3 capsules per day until 34 weeks gestation or the birth of their baby, whichever comes first.
- Provide a fingerpick blood sample at the beginning and end of the study

Who can participate?

We are looking for pregnant women under 20 weeks of pregnancy to take part in this study.

Benefits and risks?

The omega-3 capsules that we provide to you are completely safe, GMO and mercury-free. While we cannot guarantee that you will directly benefit from taking part in this study, by being involved you will be a part of research that may help pregnant women and their babies in the future.

Interested in receiving more information?

A full information sheet containing more details about the study is available from the coordinating centre.

Please Call:

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