

Primary prevention of maternal **ANaemia** to avoid preterm **Delivery** and other **Adverse** outcomes - **PANDA**

What is the study about?

Currently, pregnant women are treated for anaemia when it shows up on a routine blood test. The PANDA research team want to understand if taking iron supplements earlier in pregnancy can prevent anaemia.

By taking part in the PANDA trial, you can help us understand how to improve care in maternity services to reduce risks associated with anaemia in pregnancy.

Is this study right for me?

- Are you less than 16 weeks pregnant?
- Are you over 18 years of age?

If **YES** - this study **might be for you!**

What happens if I take part?

Taking part is voluntary. You can change your mind and leave the study at any time without giving a reason. This will not affect the care you receive.

- You will be asked to sign a **consent form**.
- You will be asked for your **contact details** and a few **questions about you and your pregnancy**.

Everyone will receive all usual maternity care.

A computer program will put you, by chance, into one of the two groups:

Group 1- will receive iron tablets

Group 2- will receive a placebo (dummy tablets)

- You will be asked to take the tablets every day from when you join the study until 6 weeks after your baby is born.
- You will be asked to complete short questionnaires at 28 weeks pregnancy and 6 weeks after birth, with one more if you become anaemic during the study.
- You will be asked for contact details for text messages and emails.



What will happen to my personal information?

All personal information you provide will only be seen by the study team. Everyone involved in this study will keep your data safe and secure. All privacy rules will be followed, and your personal data protected.

How can I benefit from the study?

You will be supporting research that will inform maternity care for women and babies in the future.

I am interested!

What to do next?

To find out more, please read the full information sheet.

Your local research midwife may speak to you about the study over the phone or when you attend your routine appointment.



Or contact the PANDA team directly:

PANDA@nhsbt.nhs.uk

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