

Summary

Gestational diabetes increases maternal and offspring complications in pregnancy and cardiovascular complications in the long term. The nutritional supplement myo-inositol may prevent gestational diabetes; however, further evaluation is required, especially in multiethnic high-risk mothers.

This pilot trial will evaluate trial processes and acceptability to mothers, and collect initial estimates of effect and cost data prior to a large full-scale trial on myo-inositol to prevent gestational diabetes.

NIHR CLAHRC North Thames is supporting the study by providing health economic analysis for the pilot and full trial and assisting with patient and public involvement.

The EMmY Trial is one of three BARC projects on which the CLAHRC's Research Partnership Team is collaborating. Others include the Merit and OMAHA trials.

Principal investigator: Shakila Thangaratinam, Queen Mary University London

Start date and duration: September 2017 for 3 years

Partners and collaborators involved: Bart's Research Centre for Women's Health (BARC); Guy's and St Thomas' NHS Foundation Trust; Central Manchester University NHS Trusts