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EMPOWER

EMesis in Pregnancy, Ondansetron With mEtoclopRamide

Information sheet for pregnant women suffering from severe nausea and vomiting

We would like to invite you to take part in a research study

What is the purpose of the research study?

Ondansetron and metoclopramide are two drugs widely used to treat sickness in pregnancy. Both drugs are considered safe in pregnancy but there is no good evidence to guide doctors about how helpful the drugs are or which drug is more effective. Some drugs might help some women but not necessarily others. The aim of this research study is to find out which is the best treatment (if any) to give to women with severe sickness.

Why have I been invited?

You are being invited to take part because you are suffering from severe sickness and have already tried anti-sickness treatment (for example cyclizine) which has not worked or had a lasting effect.

Do I have to take part?

You do not have to take part it is your choice. The standard of medical care you receive will be the same whether you take part or not. You can ask the doctors and midwives if you have any questions or concerns. You can pull out of the study **at any time.** You do not have to give a reason and your future care will not be affected in any way.

What will happen to me if I take part?

You will need to stop taking the anti-sickness tablets that you are currently on. This is so we know any changes in or improvements to your symptoms are due to the study treatment.

You will be given a drip to provide fluid into your vein. This intravenous fluid treats your dehydration and helps sickness. This would also be part of your normal care even if you were not in the research study.

You will be given study drugs (or placebo) 3 times a day into the drip along with the fluid. A placebo is a dummy drug that looks the same as the real one but is a harmless substance that has no effect.

The study drugs you will be given will be one of the following options:

- ondansetron plus placebo
- metoclopramide plus placebo
- ondansetron plus metoclopramide
- placebo plus placebo (double placebo)

The reason that one of the options is double placebo is that we want to find out if just giving intravenous fluid is as effective as giving intravenous fluids plus the study drugs. (We do not know if intravenous fluids plus drugs are any better than intravenous fluids alone.)

You cannot choose which option you have. If you take part you will be assigned one of these options by chance using a computer program. This is called randomisation. Your care team will also not know which option you have been given. This is called "double blinding". It is a way to ensure that the care team do not influence the results by accidentally telling you which drug you are on.

The trial will last for 10 days. An outline of the trial is shown in the diagram and the nurse or doctor will use this to explain what happens. Briefly, when you are able to swallow fluids, you will change from having the study drugs in your drip to taking them by mouth. When you are ready you will go home with the study drugs and continue to take them until 10 days after the start of the research study.

If you agree to take part in the study, we will ask you to fill in a questionnaire about yourself and how you are feeling. This will take about 15 minutes and can be done after you have been given your study drug. At days 2 and 5, we will contact you again to ask you to complete a questionnaire about how you are feeling. At the end of 10 days, we will ask you to do a longer questionnaire and return it in a stamped-addressed envelope provided. This will be the end of your participation in the research study. We will also be collecting some information from hospital records after your baby is born.

As part of the research study we are asking you if you would be willing to create an online pregnancy record on the UK Teratology Information Service (UKTIS) website 'bumps' (www.medicinesinpregnancy.org). The aim of UKTIS is to educate and support NHS staff regarding safer prescribing in pregnancy by collecting outcome information from women who have taken medications during pregnancy. The record does not ask you to input any identifiable personal information and is created using your unique EMPOWER study number.

You will also be offered the opportunity to take part in an interview. We will be asking both women who agree to take part in this trial and those who decide not to take part in the trial whether they would be willing to participate in an interview with a researcher from Newcastle University. This is to help us to understand women's experiences of deciding to take part in this trial or not. The interview will last around 15-20 minutes and can take place either by telephone or via email. This is entirely optional. You do not have to take part in an interview if you don't want to. If you are interested in taking part we will provide you with an additional information sheet that provides more information on what the interview will involve.

The difference between normal care and study care:

Normal care involves having a drip with fluids and the anti-sickness drug preferred by your hospital doctors. Study care involves having the same drip with fluids and one of the four possible study drug options (metoclopramide, ondansetron, both or neither). In the research study there is a one in four chance that you will get 'double placebo' (ie no active drug).

Normal care in your hospital might actually include giving the drugs metoclopramide or ondansetron, so you might get the same drug as study participants. Sometimes doctors also prescribe both metoclopramide and ondansetron together, - as each drug works in a different way it is possible that together they may or may not have an increased effect in relieving symptoms.

The EMPOWER Trial is funded by the National Institute for Health Research's HTA Programme

There is a 1 in 4 (25%) chance that you will not get an anti-sickness drug for the first 12 hours when participating in the study. Whether you get an anti-sickness drug or placebo, you may continue to become sicker in the first 12 hours.

Therefore if you take part in the research study, and at the end of the first 12 hours you are not feeling any better, you will be removed from the study and receive standard (normal) care.

- **If you take part in this research study your doctor will not know what treatment you are getting**
- **You will not need any extra blood tests.**

What are the possible risks and benefits of taking part?

You may become sick again at the end of the 10 days when the study drugs are stopped. In this case you can ask the doctors or midwives at the hospital or one of the research team for advice. They do not know which of the study drugs you have had so they cannot be sure to give you the drug that helped you. They will therefore give you, or advise your GP to give you, whatever drug is the normal one for the hospital you are attending. This will probably be ondansetron or metoclopramide.

Both drugs might cause side effects such as

- Drowsiness, restlessness
- Constipation, diarrhoea, headache, dizziness
- Visual disturbance (e.g., blurred vision)
- Light headedness, irregular heart rhythm, (fast or slow)
- Rash, itching, sensation of flushing.

Metoclopramide very occasionally causes muscle spasms.

In rare cases ondansetron and metoclopramide may react with some other prescription medication, such as antidepressants, sedatives, morphine, medication for epilepsy and some antibiotics. Therefore if you decide you would like to take part it is important the doctor caring for you knows about any medication you are taking. During the research study we will collect information about any reactions or side effects and if you get unwanted effects, you can stop taking the study drug and your doctor will offer you the usual anti-sickness drug given in your hospital.

One of the aims of this study is to find out whether rehydration can make a difference to your symptoms without any drugs. We do not currently know if there is any benefit of the two study drugs over intravenous fluids alone, or if any improvements the drugs give you are worth putting up with the side effects they MIGHT cause.

Metoclopramide and ondansetron are licensed for use but not in pregnancy. However there is enough evidence for doctors to believe they are safe and both drugs are routinely used to treat pregnant women. It is extremely unlikely that either drug will harm your unborn baby but it is important we continue to collect information on the outcome of babies born to women who have taken either drug. The research study will therefore collect information on how your baby is when they are born.

Benefits: You will be helping to gain useful knowledge for other pregnant women with severe sickness.

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You will be more closely monitored and have follow up calls which would not normally happen.

What are the alternatives for treatment?

If you do not wish to take part in the study your hospital doctor will prescribe the usual anti-sickness drug which is given in your hospital. This may be the same drug as one of the study drugs.

What are the side effects of any study treatment?

Ondansetron and metoclopramide have unwanted effects which affect ***some*** patients. These can include dizziness, diarrhoea, constipation, feeling down (depressed) and headache. Occasionally the unwanted effects are more troublesome than the beneficial effect of feeling/being less sick. An important part of this research study is to better understand the 'balance' of effects.

What if relevant new information becomes available or if I change my mind?

We will inform you if any important new information becomes available during the study that might mean the research study is stopped. If you change your mind about taking part and decide to withdraw, or your doctor considers you should withdraw, or the study is stopped, your care will continue following your hospital's preferred treatment.

Will my taking part in this research study be kept confidential?

All the information (data) collected about you will be kept strictly confidential and stored in a secure place. Some parts of your medical records will be looked at by the researchers, authorised persons from the responsible NHS organisation, and representatives of regulatory authorities to make sure we carry out the study properly. Your data will be processed electronically.

With your permission we will share your pregnancy outcome data with the UK Teratology Information Service. This service is commissioned by Public Health England to collect pregnancy outcome data from women who have taken medications during pregnancy to help educate and support NHS healthcare professionals regarding safer prescribing in pregnancy.

We may share **anonymous** data with others who are involved in similar research to support future decision-making.

Informing your GP

Your GP will be told that you are taking part in this study, but they will not know which treatment you are taking. They will also be given a copy of this information sheet.

What will happen to the results of the research study?

The results of the study will be published in a medical journal. If requested, you will be sent a summary of the final results. Our results will also be publicised on the study website (www….). You will not be identified in any report or publication about the research study.

What if there is a problem?

Talk to the doctor or midwife who is leading the study in your hospital. You can also talk to the Patient Advice and Liaison Service (PALS) in your hospital (their contact details are on the back page of this information sheet).

If you remain unhappy and wish to complain formally, you may use the normal NHS complaints procedure. Details of this procedure can be obtained from the following website: *http://www.nhs.uk/choiceintheNHS/Rightsandpledges/complaints/Pages/NHScomplaints.aspx*

What if something goes wrong?

We do not expect anything to go wrong as a result of you taking part in this research study. If you or your baby have been harmed by taking part in this study, you may have grounds for legal action and could seek compensation through the research sponsors, Newcastle upon Tyne NHS Foundation Trust, who have appropriate insurance-related arrangements in place. If the harm is due to routine clinical treatment or negligence then the NHS indemnity arrangements will apply.

Who is organising and funding this research study?

The study is the responsibility of Newcastle upon Tyne NHS Foundation Trust and is being run by the Clinical Trial Unit (CTU) at Newcastle University. It is funded by the National Institute of Health Research (NIHR) Health Technology Assessment Programme (Ref: 16/15/03) None of the doctors and researchers receive payments for taking part in the study.

Who has reviewed the research?

All research in the NHS is looked at by an independent group of people, called a Research Ethics Committee. This study has been approved by the Newcastle and North Tyneside I Committee which means that they are satisfied that your rights will be respected; that any risks have been reduced to a minimum and balanced against possible benefits; that you have been given sufficient information on which to make an informed decision to take part or not; and that they believe the study is fair.

How have patients and the public been involved in this research study?

Women who have previously suffered from severe sickness in pregnancy have helped in the design of this research study. They have also contributed to content of this information sheet.

Research Study website address

More information is available via the research study website:

www.pregnancysickness-research.co.uk

Local contacts

Principal Investigator:	**Local Research Midwife:**
Dr	Name
Address	Address
Tel	Tel

Patient Advice and liaison services (PALS):

LOCAL address, tel no and email

Supplemental Information regarding the General Data Protection Regulation

The Newcastle upon Tyne Hospitals NHS Foundation Trust (NUTH) is the sponsor for this study based in the United Kingdom and will act as the “data controller” for this study. They are responsible for looking after your information and using it properly.

This study is managed on behalf of the sponsor by the Newcastle Clinical Trials Unit who will act as the “data processor”. As data processor, this means that we are responsible for processing personal data on behalf of a controller. We will be using information from you in order to undertake this study, and will keep identifiable information about you for five years.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already collected. To safeguard your rights, we will use the least amount of personally-identifiable information possible.

You can find out more about how we use your information at http://www.newcastle-hospitals.org.uk/about-us/freedom-of-information_how-we-use-information.aspx

To find out more about research and general use of patient information please refer to the Health Research Authority Website https://www.hra.nhs.uk/information-about-patients/

The local study team at your hospital will collect information from you and your medical records for this research study in accordance with our instructions.

The local study team will use your name, NHS number and contact details to contact you about the research study, and make sure that relevant information about the study is recorded for your care, and to oversee the quality of the study. Individuals from the sponsor, Newcastle Clinical Trials Unit and regulatory organisations may look at your medical and research records to check the accuracy of the research study. The local study team will pass these details to Newcastle Clinical Trials Unit along with the information collected from you and/or your medical records. The only people in Newcastle Clinical Trials Unit who will have access to information that identifies you will be people who need to contact you to or audit the data collection process. The people who analyse the information will not be able to identify you and will not be able to find out your name, NHS number or contact details.

The local study team will keep identifiable information about you from this study for 5 years after the study has finished.

The Newcastle Clinical Trials Unit will collect information about you for this research study from your medical records. NCTU will not provide any identifying information about you to sponsor. We will use this information to monitor the trial.

When you agree to take part in a research study, the information about your health and care may be provided to researchers running other research studies in this organisation and in other organisations. These organisations may be universities, NHS organisations or companies involved in health and care research in this country or abroad. Your information will only be used by organisations and researchers to conduct research in accordance with the UK Policy Framework for Health and Social Care Research.

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This information will not identify you and will not be combined with other information in a way that could identify you. The information will only be used for the purpose of health and care research, and cannot be used to contact you or to affect your care. It will not be used to make decisions about future services available to you, such as insurance.