

# Probiotics in Pregnancy

Improving health during pregnancy & preventing infant eczema and allergy

Eczema makes the skin become red, swollen, itchy, and often disturbs sleep.

**40% of NZ children have eczema at age 15 months**

Probiotics are helpful microbes that occur naturally in many foods such as yoghurt. They provide health benefits.

## What is the study about?

We want to find out if by giving pregnant women a specific probiotic we can:

- Stop infants developing eczema and allergy
- Help pregnant women's health by preventing
  - Some vaginal infections
  - A type of diabetes that occurs only in pregnancy (gestational diabetes)



## What would the study involve?

- You will be given one study capsule to take each day starting when 14-16 weeks pregnant and continuing throughout the remainder of the pregnancy and for 6 months after birth while breast feeding.
- You will be randomly assigned to one of two study groups. One group will receive study capsules containing the study probiotic. The other group will receive study capsules that do not contain probiotics.
- Your baby would not receive the study capsules.

## Study Visits:

- You would take part in 5-6 study visits starting when you are 14-16 weeks pregnant and finishing when your baby is 1 year old.
- Study visits involve a range of questions and measures including one set of blood tests and two sets of vaginal swabs during pregnancy. We will also be testing you, your baby and the baby's father for allergies and checking your baby's skin for eczema.
- We will provide parking and petrol vouchers when you need to travel to attend study visits. Home visits will be arranged for some parts of the study (e.g. just after birth).



## Benefits of taking part

- Your child not developing eczema (although there is no guarantee of this).
- You may be more healthy during pregnancy (although there is no guarantee of this).
- The opportunity to contribute to important research.

If you think you may be interested in joining this study, or require further information please contact us today.

**We need to hear from you as early in your pregnancy as possible, and this must be before you are 16 weeks pregnant.**

See over page for contact details.

## CUT/TEAR OFF THIS SECTION

If you think you may be interested in joining this study, or require further information please indicate your interest in one of the following ways:

1. Complete the online form at [www.otago.ac.nz/probiotic](http://www.otago.ac.nz/probiotic)
2. Email: [probiotics@otago.ac.nz](mailto:probiotics@otago.ac.nz)
3. Text: 022 317 2546
4. Tel: 04 918 6889
5. Complete the following details and return:

Fax: 04 389 5427

Post: Probiotics in Pregnancy Study  
Wellington Asthma Research Group  
Department of Medicine  
University of Otago, Wellington  
PO Box 7343  
Wellington 6242  
New Zealand

First name: \_\_\_\_\_

Surname: \_\_\_\_\_

Street Address: \_\_\_\_\_

Suburb: \_\_\_\_\_

City: \_\_\_\_\_

Post Code: \_\_\_\_\_

Tel (home): \_\_\_\_\_

Tel (work): \_\_\_\_\_

Tel (cell): \_\_\_\_\_

Email (home): \_\_\_\_\_

Email (work): \_\_\_\_\_

My baby is due on:     
Day Month Year

## Probiotics in Pregnancy

This study is being conducted in Wellington (University of Otago), and Auckland (University of Auckland)

### Wellington Investigators:

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Dr Thorsten Stanley

Senior Lecturer & Consultant Paediatrician<sup>a,b</sup>

Dr Peter Abels

Senior Lecturer & Consultant Obstetrician<sup>a,b</sup>

Dr Robyn Maude

Midwife Lecturer & Associate Director of Midwifery<sup>b,c</sup>

Ms Christine Barthow

Research Fellow/Nurse<sup>a</sup>

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Senior Research Fellow/Biostatistician<sup>a</sup>

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<sup>c</sup>Capital and Coast District Health Board

### For further information contact

#### Wellington Study Team:

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Text: 022 317 2546

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[www.otago.ac.nz/probiotic](http://www.otago.ac.nz/probiotic)



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- Are you currently less than 16 weeks pregnant?
- Have you or your partner ever had eczema, asthma or hay fever treated by a doctor?

Would you like to take part in a research study aimed at:

- preventing eczema in your baby
- improving your health in pregnancy?