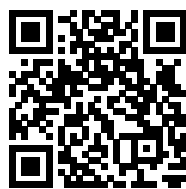



Omega-3 testing in pregnancy may help your baby arrive on time

? Aboriginal Families Information



Scan to find out more!





Arriving on time will give your baby the best chance of a healthy start in life.



Omega-3 fats are commonly found in fish. The right amount of omega-3 fats in your body during pregnancy may help your baby arrive on time.



Pregnant women who have low omega-3 levels in their blood are more likely to have their baby born early.



Testing for omega-3 levels early in pregnancy will find women who need omega-3 supplements to help their baby arrive on time.



Your omega-3 test results

Your health professional will receive your omega-3 test results and discuss these with you at your next appointment.

Omega-3 test result	Health professional advice based on your omega-3 test result
Less than 3.7% (low status)	<p>Your health professional will supply you with omega-3 supplements to reduce your risk of a premature birth:</p> <ul style="list-style-type: none">• The suggested dose is 800 mg of DHA and 100 mg of EPA every day.• You can take supplements from before 20 weeks up until 37 weeks of pregnancy. <p>PLEASE NOTE: If you are already on prescription medication to stop your blood clotting (like Clexane), speak with your doctor before taking omega-3 supplements.</p>
Between 3.7 and 4.3% (moderate status)	<p>You do not need to do anything different from what you usually do.</p>
Above 4.3% (sufficient status)	<p>Omega-3 supplements are not needed and provide no benefit to decreasing your risk of premature birth.</p> <p>If you are already taking omega-3 fatty acids as part of a multivitamin and mineral supplement and wish to continue, the dose of DHA and EPA should not be more than 250 mg per day.</p>

Evaluation of omega-3 testing program

It is important to assess how many women have low omega-3 levels and how many babies were born early since the omega-3 testing started. This will see if testing and supplement advice for women who are low has reduced the number of early births in South Australia. We will securely link the omega-3 test results with birth data, without identifying you or your baby in any way. You may decline to have your data linked without affecting you or your baby's care.



Opting out: If you do not want your data included in the statewide evaluation of omega-3 testing, please email omega3@sahmri.com or telephone (08) 8128 4444.

The evaluation has been approved by the Women's and Children's Health Network (WCHN) Human Research Ethics Committee (HREC/20/WCHN/138) and the Aboriginal Health Council of South Australia (AHCSA #04-22-1053). Should you wish to discuss the study with someone not directly involved, you may contact the executive secretary of the Human Research Ethics Committee, WCHN (08) 8161 6521.

Delivered in Partnership with SA Pathology



Further Information

-  **Visit www.sahmri.org/omega3**
It includes information about supplements with different doses of omega-3
-  **Speak to your AMIC worker, midwife or healthcare professional**

If you would like further information about the evaluation of the omega-3 program contact us:

 **omega3@sahmri.com**

 **0438 273 155**

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