

Omega-3 FAQs from Health Professionals

Q. How do I order the updated SA Pathology SAMSAS (SA Maternal Serum Antenatal Screening) request form that includes the omega-3 testing for antenatal screening?

A. Please call the SAMSAS Program on (08) 8161 7285 to order the updated SAMSAS request forms, or the [request form can be downloaded here](#) until your request forms arrive.

Q. Can I write omega-3 test on the previous SAMSAS request forms?

A. Yes, “omega-3 to SAMSAS” can be written on the previous SAMSAS request forms. It is important that “omega-3 to SAMSAS” is written so that the omega-3 test is performed through SAMSAS at no cost to the woman or clinic.

Q. How early in pregnancy can an omega-3 status test be done?

A. Omega-3 testing can be done at any gestation up until 20 weeks.

Q. If a woman has an omega-3 test early in pregnancy but her next follow up appointment does not occur until around 20 weeks, is it appropriate to wait until then to discuss the result and the action needed?

A. Yes. Even for women who have low omega-3 status, the data from the clinical trials indicate that starting supplementation around 20 weeks gestation is more than adequate. This may also help overcome any issues with supplement taking and morning sickness.

Q. What supplements can women take if they have sufficient omega-3 status (above 4.3% of total fatty acids)? For women who want to take a multivitamin and avoid omega-3.

A. We have an extensive list of supplements that do not contain omega-3 available [here](#).

Q. Can an omega-3 status test be added to a stored SAMSAS sample if not ordered previously?

A. It may be possible to add the omega-3 status test if it was not initially ticked on the updated SAMSAS request form by calling the SAMSAS program on 08 8161 7285.

Q. Can omega-3 testing be added on for women who have already had their test prior to the launch of omega-3 testing?

A. Unfortunately we are not able to perform omega-3 testing for women who had their antenatal screening test prior to the launch date of 19th April 2021.
