

Are you currently
13 weeks pregnant
or less?



THE **P** **O** **P** **P** **I** **E** STUDY

Prenatal Iodine Supplementation and
Early Childhood Neurodevelopment

Why are we doing this study?



Iodine is an essential nutrient – meaning that we need to get it from our diet. Getting enough iodine in pregnancy is important because the baby's brain is growing quickly and relies on iodine from their mother. We want to find out the optimal level of iodine supplementation for pregnant women who already have an adequate iodine intake from the food that they eat.

What is involved?

- We will ask you to complete an iodine specific food frequency questionnaire which will tell us how much iodine you consume in your diet
- We will provide you with prenatal supplements to take throughout your pregnancy
- The study supplements are similar to the leading brands of prenatal supplements sold in Australia and contain vitamins and minerals and either a small amount of iodine (20ug) or a larger amount of iodine (200ug)
- We will ask you to collect a urine sample at enrolment in the study and again at 28 weeks gestation
- When your baby is 24 months of age, we will assess his/her development with the Bayley Scales of Infant and Toddler Development, Fourth Edition (Bayley-IV)

Study timeline

1 During pregnancy

- **13** Enrolment at 13 weeks gestation or less
-  Commence study supplements
-  6 weekly brief study surveys

2 Baby born and stop supplements

3 Post Delivery

-  Post-delivery phone call
-  6 monthly brief study surveys
-  24 month, developmental assessment (clinic visit)



What are the benefits?

We will provide enough prenatal supplements to last the whole of your pregnancy at no cost to you.

We will reimburse you for your child's attendance at the 24 month development assessment.

Your baby will undergo a free developmental assessment at 24 months of age and you will receive a report of the assessment.

Who can take part?

If you are currently less than (or equal to) 13 weeks of pregnancy you may be eligible to take part in this study.

How do I enrol in the POPPIE Study?

If you would like to take part in this study, or would like some more information, please contact a member of our study team:

 **Call or text 0428 642 471**
 **Phone 08 8128 4436**
 **Email poppie@sahmri.com**

 **Web sahmriresearch.org/poppie**
 **Facebook facebook.com/CNRCAdelaide**
 **Facebook facebook.com/sahmri**

This study has been approved by The Women's and Children's Health Network Human Research Ethics Committee HREC/20/WCHN/108.

Scan here to find out more about POPPIE and how to get involved.

