

OPAL-3 STUDY

Determining the Optimal Dose of Omega-3 Fatty Acids in Pregnancy for Women with Moderate Status

You can help recruit for this study.

The success of the OPAL-3 Study is undeniably connected to the engagement and commitment of GPs referring their pregnant patients to the study team. Since launching in November 2023, the OPAL-3 study team have received almost 50 referrals, with 16 pregnant women going on to enrol. A very big thank you to everyone who has started referring their patients.

About OPAL-3 Study:

The OPAL-3 Study will help us determine the best dose of omega-3 supplements to give pregnant women, who have a moderately low level of omega-3 to reduce prematurity rates.

Eligibility is open to any woman **less than 21 weeks** pregnant with a **singleton pregnancy**.

1. Request an OPAL-3 Study Referral Starter Pack:

Email opal3@sahmri.com to receive everything you need to start referring patients for this study. If possible, one of our study team members will come out to you to provide some additional information to help you get started.

2. Remember to request the Omega-3 Status test

Remember to tick the Omega-3 status checkbox when completing the SA Maternal Serum Antenatal Screening (SAMSAS) Form.

FAQ: Can patients who are having private the NIPT screening be able to have their omega-3 levels tested?

Yes. Complete the SAMSAS Form ensuring that you tick the Omega-3 status checkbox. Provide your patient with both the NIPT and SAMSAS forms. Women attending pathology centres such as Clinpath, Repromed and Australian Clinical Labs for the various NIPT can have their Omega-3 Status blood test completed at the same time if they present with both request forms.

3. Refer your patient to The OPAL-3 Study

When discussing your patients' Omega-3 results, **ask your patient if they would be happy to be contacted by the SAHMRI OPAL-3 Study team about some new Omega-3 research:**

Complete the [Patient Expression of Interest Form](#) (electronic version to be available on Best Practice soon).

4. Submit referrals:

Send all Patient Expression of Interest Forms to opal3@sahmri.com.

Once the referral has been sent to the OPAL-3 study team, there is no further action required on your behalf. The study team will handle the rest. You do not need to provide any study advice to women.

You will receive a referral payment at the end of each month for each eligible referral received by the study team.

If you have any questions, please email opal3@sahmri.com and one of the study team members will be in touch. For more information, visit [SAHMRI | The OPAL-3 Study](#).