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FLOWCHART

Reduced-carbohydrate intervention to prevent gestational diabetes

First study visit
2 hours
(all women)

Before 15 weeks of pregnancy:

- Eligibility assessment.
- Informed consent.
- Oral Glucose Tolerance Test (OGTT):
 fasting blood sample → sugar drink → blood samples after 1 and 2 hours
- Height, weight and blood pressure measurements.
- Questionnaires about yourself, including usual diet and quality of life.
- Random allocation to one of the two study groups: reduced-carbohydrate dietary programme (group 1) or usual care (group 2).
- Advice to both groups on monitoring blood glucose and ketones until giving birth.
- Group 1 only: dietary advice, pack with resources, advice on weight monitoring.

Intervention period
(group 1 only)

- Engagement with the diet intervention and weight monitoring until giving birth.
- Extra 15-minute telephone sessions for support, at around 16, 18, 20, 24-28 (can also be done face-to-face during the second study visit if preferred), 32 and 36 weeks of pregnancy.

At around 24-28 weeks of pregnancy:

- Second OGTT to detect if you have developed gestational diabetes.
- Measurement of weight and blood pressure.
- Questionnaires about diet and quality of life.

Second study visit

2 hours – follow-up

(all participants)

 30-minute telephone discussion about your experiences of the intervention (we will inform you more about this during the second study visit)

Optional discussion (group 1 only)

Flowchart of Participation

RECORD study

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