# Does feeding during labour influence the outcome?

Submission date	Recruitment status  No longer recruiting	<ul><li>Prospectively registered</li></ul>		
09/12/2008		Protocol		
Registration date	Overall study status	Statistical analysis plan		
17/12/2008	Completed	[X] Results		
<b>Last Edited</b> 27/03/2009	Condition category Pregnancy and Childbirth	[] Individual participant data		
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# Plain English summary of protocol

Not provided at time of registration

# Contact information

# Type(s)

Scientific

#### Contact name

Prof Andrew Shennan

#### Contact details

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# Additional identifiers

**EudraCT/CTIS** number

**IRAS** number

ClinicalTrials.gov number

Secondary identifying numbers

# Study information

#### Scientific Title

Does feeding during labour influence the outcome?: a randomised controlled trial

## Acronym

FIL

# **Study objectives**

Light diet in labour increases the chances of spontaneous vaginal delivery.

# Ethics approval required

Old ethics approval format

## Ethics approval(s)

St Thomas' NHS Ethics Committee, approved on 11/10/2000 (ref: EC99/135)

## Study design

Randomised controlled multi-centre trial

## Primary study design

Interventional

# Secondary study design

Randomised controlled trial

# Study setting(s)

Hospital

# Study type(s)

Other

# Participant information sheet

# Health condition(s) or problem(s) studied

Labour/delivery

#### **Interventions**

Light diet versus water and ice chips. Suggested foods include bread, biscuits, vegetables, fruits, low-fat yoghurt, soup, isotonic drinks and fruit juice.

# Intervention Type

Other

#### Phase

Not Applicable

#### Primary outcome measure

Spontaneous vaginal delivery.

## Secondary outcome measures

- 1. Instrumental vaginal and caesarean section deliveries
- 2. Need for augmentation
- 3. Vomiting
- 4. Neonatal outcomes:
- 4.1. Apgar scores
- 4.2. Admission to neonatal intensive care unit (NICU)/ special care baby unit (SCBU)

## Overall study start date

01/06/2001

## Completion date

01/04/2006

# Eligibility

# Key inclusion criteria

- 1. Females, no age limits
- 2. Primiparous women >36 weeks gestation
- 3. Singleton pregnancies
- 4. No maternal or foetal complications
- 5. Cervical dilatation less than or equal to 5 cm

## Participant type(s)

**Patient** 

# Age group

Adult

#### Sex

Female

# Target number of participants

1,126

# Key exclusion criteria

- 1. Multiparous women
- 2. <36 weeks' gestation
- 3. Known maternal or foetal complication
- 4. Cervical dilatation >5 cm

#### Date of first enrolment

01/06/2001

#### Date of final enrolment

01/04/2006

# Locations

#### Countries of recruitment

# England

**United Kingdom** 

Study participating centre Maternal and Foetal Research Unit London United Kingdom SE1 7EH

# Sponsor information

# Organisation

King's College London (UK)

# Sponsor details

Conybeare House Guy's Hospital London England United Kingdom SE1 7EH +44 (0)20 7848 6960 keith.brennan@kcl.ac.uk

# Sponsor type

University/education

#### Website

http://www.kcl.ac.uk

#### ROR

https://ror.org/0220mzb33

# Funder(s)

# Funder type

Charity

#### **Funder Name**

Obstetric Anaesthetists Association (UK)

# Alternative Name(s)

OAA

# **Funding Body Type**

Private sector organisation

# **Funding Body Subtype**

Associations and societies (private and public)

#### Location

United Kingdom

#### **Funder Name**

Guy's and St Thomas' (GSTT) charity (UK)

# Alternative Name(s)

Guy's and St Thomas' Charity, Guy's and St Thomas' Foundation, GSTTFoundation

# **Funding Body Type**

Private sector organisation

# **Funding Body Subtype**

Trusts, charities, foundations (both public and private)

#### Location

**United Kingdom** 

# **Results and Publications**

# Publication and dissemination plan

Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

# IPD sharing plan summary

Not provided at time of registration

# **Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	24/03/2009		Yes	No