ISRCTN33298015 https://doi.org/10.1186/ISRCTN33298015

Does feeding during labour influence the outcome?

Submission date 09/12/2008	**Recruitment status** No longer recruiting
Registration date 17/12/2008	**Overall study status** Completed
Last Edited 27/03/2009	**Condition category** Pregnancy and Childbirth

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
1

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)

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Conybeare House
Guy's Hospital
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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