

Does feeding during labour influence the outcome?

Submission date 09/12/2008	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 17/12/2008	Overall study status Completed	☐ Protocol
Last Edited 27/03/2009	Condition category Pregnancy and Childbirth	☐ Statistical analysis plan
		☒ 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

Protocol serial number
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

Study type(s)

Other

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(s)

Spontaneous vaginal delivery.

Key secondary outcome(s)

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)

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

Healthy volunteers allowed

No

Age group

Adult

Sex

Female

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**

United Kingdom

England

Study participating centre**Maternal and Foetal Research Unit**

London

United Kingdom

SE1 7EH

Sponsor information

Organisation

King's College London (UK)

ROR

<https://ror.org/0220mzb33>

Funder(s)**Funder type**

Charity

Funder Name

Obstetric Anaesthetists Association (UK)

Alternative Name(s)

The Obstetric Anaesthetists' Association (OAA), The OAA, The Obstetric Anaesthetists' Association, OAA

Funding Body Type

Private sector organisation

Funding Body Subtype

Trusts, charities, foundations (both public and private)

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

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Study outputs

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