

Ref. No: 2589
Date: 27/05/26
Subject: Omega-3 practices

REQUEST & RESPONSE

I am requesting information regarding maternity care practices within your Trust/Health Board.

Hospital name:

Trust:

Preterm birth network (if known):

Details of service		Response	
1	In your antenatal booking appointment, do you discuss omega-3 intake in pregnancy?	Yes No Don't know	
2	With whom would you be most likely to discuss or recommend dietary omega-3 and/or supplements?	All pregnant women Women at high risk of spontaneous preterm birth Women attending a specialist preterm birth clinic Women with low dietary fish intake I would not usually recommend it Other	
3	In your trust do you currently recommend omega-3 supplementation in pregnancy for women at risk of spontaneous preterm birth?	Yes, routinely Sometimes/in selected cases No	
		If yes, in which form do you usually recommend it?	Dietary oily fish intake Over the counter omega-3 supplement

			Prescription omega-3 formulation (e.g. Omacor) I do not usually specify Other:
3	Does your trust have a preterm birth clinic?	Yes No	
		If yes, is omega-3 supplementation currently discussed in the pre-term birth clinic?	Yes No Don't know
4	Is there a written protocol or local guidance for omega-3 supplementation in your antenatal and/or preterm birth clinic? *	Yes No Unsure	
		If yes, please share a copy of the protocol or local guidance, if available	
	Are diet, fish intake, and dietary supplement use routinely reviewed in your clinic?	Yes No Unsure	