The OTTER Study

Participant Information Sheet

Part A: Study information

You and your baby are invited to take part in the OTTER study

- The OTTER study is looking at whether a medicine called omeprazole improves the symptoms of gastro-oesophageal reflux (GOR) in babies. GOR is also known as reflux.
- This information sheet is to help you understand why the research is being carried out and what it will involve for you and your baby if you agree to take part.
- Please take time to read this information and ask us if there is anything that is not clear to you, or you would like more information.
- It is entirely your decision whether you and your baby will take part in this study. If you agree to take part, you and your baby are free to withdraw at any time without giving a reason. If you don't want your baby to take part, their care will continue in the normal way.

A summary of the OTTER study

- Reflux is when milk and acid come back up from the stomach after a baby has been fed, rather than moving through the rest of the gut to be digested. It is very common and many babies experience mild symptoms at some point.
- In some babies, symptoms can be more severe. Babies may experience pain and discomfort, scream and not put on weight.
- In some of these more severe cases medicines that reduce acid in the stomach are used, but it's not clear how much these help or if they can make babies feel worse. More research is needed to understand this.
- The OTTER study is comparing a medicine called omeprazole with a 'placebo' – a liquid which looks and tastes the same as omeprazole but does not contain the medicine. Omeprazole has been used in babies for a long time and is commonly prescribed for babies with reflux symptoms, but we need more research to understand how effective it is.
- We want to find out whether omeprazole helps with the symptoms of reflux compared to this placebo.
- If you agree for you and your baby to take part, we will ask you to give your baby a dose of omeprazole or placebo every day for 4 weeks. We'd like you to complete some questionnaires during this time, and for 6 months afterwards, so we can check how your baby is doing. These can be completed online or by post if preferred.

The OTTER study has been designed by health professionals, researchers and parents whose babies have experienced reflux, and is funded by the research part of the NHS.

Please scan the QR code to watch a video all about the OTTER study

What is the purpose of the study?

When babies experience severe symptoms of reflux, it is called Gastro-oesophageal reflux disease, or 'GOR' for short. Simple things like keeping the baby upright during feeds and for 20 minutes afterwards or using products that thicken the feeds can be useful. But, when things are more severe, health professionals often use medicines including omeprazole. Omeprazole is a medicine that is commonly prescribed for babies who are experiencing reflux symptoms, but it's not clear how effective this is in treating the symptoms. To answer this, a large research study is needed.

Omeprazole helps to reduce the acid in the stomach which may help with the babies' symptoms. But it's not clear whether these medicines work or not and we don't want to use these medicines unnecessarily as some studies have shown they might increase the risk of infection or affect bone strength.

In the OTTER study we are comparing the omeprazole medicine with a placebo. The placebo is a liquid that looks and tastes the same as omeprazole but it doesn't have any real medicine in it. Half of the babies in the study will take omeprazole and half will take the placebo.

The purpose of the OTTER study is to find out if omeprazole improves reflux symptoms. To answer this, we will ask parents to complete questionnaires to tell us about their baby's symptoms. The study will also look at other things like feeding and growth, infections, bone fractures, any hospital admissions, and quality of life for you and your baby.

Why has your baby been invited to take part?

You and your baby have been invited to take part in this study because your baby is experiencing reflux symptoms, your doctor has tried other ways to improve these symptoms and is now considering prescribing a medicine. We are inviting babies, like yours, to take part from hospitals and GP surgeries around the UK. We will be including babies who were born prematurely and those born at term. In total we will be including around 500 babies.

Does your baby have to take part?

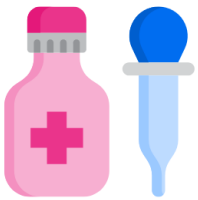
It is up to you whether or not you and your baby take part in the study. Even if you agree now, you are free to withdraw your baby at a later date if you wish. We will talk to you about the study and answer any questions you may have. If you agree to take part, we will ask you to sign a consent form.

What would taking part involve?

- Your baby is experiencing reflux and previous treatment hasn't worked.
- You will be given some information about the OTTER study.



- At an initial appointment a doctor will check if your baby is eligible.
- You will be asked to complete a consent form.
- You will be asked some questions about your baby's reflux, and you and your baby's health and well-being .



- You will be given the trial treatment for your baby to take every day for 4 weeks.
- This may be omeprazole or a placebo.



- After two weeks the research team will call you to see how you and your baby are doing.
- We will contact you by text or email every two weeks to find out if you have needed to access any additional health services for your baby.



- At 4 weeks and 6 months after your baby is enrolled we will send you a questionnaire. This will ask about your baby's reflux symptoms and general health.
- There will also be a few questions about your well-being. These can be completed online or via post.

Study timepoint	**How long will it take?**
Initial study appointment (in person)	up to **60 minutes**
2 weeks phone call and questionnaire (online or postal)	up to **15 minutes**
4 weeks questionnaire (online or postal)	up to **30 minutes**
Fortnightly questions (online)	up to **10 minutes**
6 months questionnaire (online or postal)	**30-40 minutes**

The questions about your baby's reflux symptoms at 2 weeks and 4 weeks will give us very valuable information about how effective the treatment is. It is important that these are answered within a week of receiving the questionnaire.

What would taking part involve?

Your baby's treatment

If you agree for you and your baby to take part, a member of the study team will collect some basic information about your baby, which will be kept in a secure, electronic database. Your baby will then be prescribed the omeprazole medicine or placebo. Neither you nor your doctor or health professional will be able to decide which medicine they will receive. There is an equal (50:50) chance of your baby being prescribed either.

When we do not know which way of treating patients is best, we need to make a fair comparison. To do this we use a process called "randomisation" whereby patients are randomly allocated their treatment.

For babies who may be in hospital, the doctor or study team will organise for the baby to receive the treatment. For babies who are not in hospital, you will be sent the treatment directly to your house, via a courier. You should receive the treatment within 24 hours, though there may be a slight delay if it's a weekend or bank holiday. The package will include instructions of how you should give your baby the treatment. The treatment is a liquid, so it should be easy for your baby to swallow, and they should take it once a day for 4 weeks.

You should continue to feed your baby as you wish and/or have been advised by a health professional, and you should not change other aspects of the way you care for your baby.

After 4 weeks of taking the omeprazole or placebo your baby's care will continue as normal and if future treatment is needed, you can get this by speaking to your baby's doctor or healthcare professional as normal.

Following you and your baby's progress

After you and your baby have been enrolled in the study we will periodically send you questionnaires to see how you and your baby are doing. The questions we will ask you about your baby's reflux symptoms are taken from a commonly-used questionnaire designed specifically for this purpose. You can choose whether to receive the questionnaires by email or we can send a paper version by post. With your permission, we will also send text message reminders containing the questionnaire link.

After 2 weeks, a member of the research team will phone you to see how you and your baby are doing and to support you in any concerns you might have. Alongside this you will receive a questionnaire asking about your baby's reflux symptoms. You will also receive questionnaires 4 weeks and 6 months after your baby joined the study. We realise that your baby's reflux symptoms can affect your quality of life, as well as your baby's, which is why some of the questions we ask are about your health and well being.

Between 1 and 6 months, with your permission, we will send you a text message every 2 weeks asking if your baby has needed any extra medical care or treatment in the previous 2 weeks. After 6 months, you and your baby's involvement in the study will end.

We will write to your baby's GP to let them know about you and your baby's participation in this study. You will also have the option to have your name and telephone number shared with Esendex, our text messaging provider and their sub processors. This will ONLY be used to send the weekly texts and reminders about the study. Anonymised data may be used to support other research and shared with other researchers.

Optional discussions

To help us understand parents and health professionals' experiences of using omeprazole for babies with reflux symptoms, we will also be having informal chats with parents. A small number of parents will have the opportunity to share their experiences of being involved in the OTTER study during a one-to-one chat with a member of the research team, at a time that is convenient . This is an optional part of the study and your involvement in the rest of the study won't be affected by your decision.

What are the possible benefits of taking part?

- We don't know how effective omeprazole is, so we don't know whether either of the trial treatments will directly benefit your baby.
- Although you and your baby may not directly benefit from taking part, the study will help health professionals understand how to treat reflux symptoms better in the future, and therefore your baby's participation could help babies and parents in the future.
- We know how stressful it can be when your baby is unwell, and many parents have told us how much it helps to feel supported. Someone from our research team will give you a call about two weeks after your baby joins the study just to check in and see how you're both doing, which you may find beneficial.
- As a small thank you and token of our appreciation, you will receive a £20 high-street shopping voucher along with your 4 week questionnaire. There should be no added expenses from participating in the study, so we do not provide any out of pocket expenses.
- If you take part in the optional discussions an additional £20 high-street shopping voucher will be sent to you.

What are the possible disadvantages and risks of taking part?

- Omeprazole is often given to babies with reflux symptoms and is thought to be safe, but it may not be as effective as previously thought and could increase the risk infections or affect bone strength. That's why a big study like this is needed.
- Omeprazole is approved to be used for babies over one month of age who have reflux symptoms. Like any medicine, omeprazole can have side effects for some individuals. All of the known side effects can be found here: https://www.medicines.org.uk/emc/files/pil.11031.pdf.
- Common side effects (affecting 1 in 10 people), include diarrhoea, stomach pain, constipation, wind (flatulence), being sick (vomiting).
- Uncommon side effects (affecting 1 in 100 people) include swelling of the feet and ankles, changes in blood tests that check how the liver is working, skin rash, lumpy rash (hives) and itchy skin.
- Rare and very rare side effects are listed in the treatment information leaflet and online information linked above.
- Some adults have reported a return or worsening of reflux symptoms for a short period after stopping Omeprazole, which is the study medication. It is not known whether this also happens in children. If your baby's symptoms return or worsen after the study medications has stopped, we would recommend contacting your baby's doctor.

What if there is a problem?

If you have concerns or questions about any aspect of this study, you should ask to speak to the local care team. Their contact details are at the end of this information sheet.

If any questions remain you can contact the study coordinating centre:

Tel: 0115 8231590
Email: OTTER@nottingham.ac.uk.

If you remain unhappy and wish to complain formally, you can do this through the National Health Service (NHS) Complaints Procedure via your local Patient Advisory and Liaison Service (PALS) <insert Local PALS details>.
If PALS not applicable enter an alternative contact for complaints and concerns.

As a University Hospital Southampton NHS Trust sponsored study, NHS indemnity schemes apply to this study. If something does go wrong and you are harmed during the research then you may have grounds for a legal action for compensation but you may have to pay your legal costs. The normal National Health Service complaints mechanisms will still be available to you.

What will happen if you don't want your baby to carry on with the study?

You and your baby are free to withdraw your baby at any time, without giving any reason, and without you or your baby's legal rights being affected. Withdrawal will not affect you or your baby's medical care. If you would like to withdraw, contact your local care team and they can organise this. Their contact details are at the end of this information sheet. If you withdraw, the information collected will not be erased and this information may still be used in the project analysis.

Who is organising and funding this study? How has it been reviewed and approved?

The study is being organised by the University Hospital Southampton NHS Trust (the Sponsor) and coordinated by the Nottingham Clinical Trials Unit (NCTU) at the University of Nottingham. The funding for the study is provided by the National Institute for Health and Care Research (NIHR), the research part of the NHS. All research in the NHS is looked at by an independent group of people, called a Research Ethics Committee, to protect you and your baby's interests. This study has been reviewed and given favourable opinion by West of Scotland REC 1 Research Ethics Committee and the Medicines and Healthcare products Regulatory Agency . The study has been designed by health professionals, researchers and parents around the UK. The parents we have been working with have experienced their baby having reflux. We will continue to work with parents throughout the study, to make sure everything we do has parents' and babies' interests at the heart of it.

What if relevant new information becomes available?

We may get new information about reflux symptoms or the omeprazole medicine during the study. If this happens the research doctor will tell you about this new information and discuss whether your baby should continue in the study. If you decide for your baby not to carry on, your research doctor will arrange for their care to continue as normal. If you decide for them to continue in the study, you may ask you to sign a new Informed Consent Form.

What happens at the end of the study?

When the study ends, your baby's care will continue as normal. If your baby withdraws from the study, we will need to keep and use the data collected up to withdrawal. At the end of the study the results will be published in scientific medical journals and presented at conferences. You and your baby will not be identified in any publication. We will send you a newsletter with a summary of the study findings, unless you ask us not to. We will also share our findings with parent groups and social media.

How to contact us?

Contact details of your baby's local care team who will be your main point of contact for the duration of the study;

<insert contact details here>

Once you have made your choice about joining the study or not, please let your doctor know. If you choose to join the OTTER study, you will be asked to sign a consent form and will be given a copy to keep together with this information sheet.

Thank you for taking the time to read this information sheet and considering the study.

You can find more information about the OTTER study on our website: <insert website link>

Part B: Data protection and confidentiality

How will we use information about you and your baby?

We will need to use information from you, your GP and your healthcare team for this research project.

This information will include your initials, NHS number, name and contact details. People will use this information to do the research or to check your records to make sure that the research is being done properly.

People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead.

University Hospital Southampton NHS Foundation Trust is the sponsor of this research. The sponsor is responsible for looking after your information. We will share your information related to this research project with the following types of organisations:

- Trial coordinating centre (NCTU at the University of Nottingham)
- If you give consent, your mobile number will be shared with a text messaging service (Esendex and its subprocessors)
- If your baby's medicine needs to be posted to your home, your address will be shared with the medicine supplier
- Regulatory Authorities may need to access your data for auditing purposes

We will keep all information about you safe and secure by:

- Following and adhering to the laws relating to General Data Protection Regulation (GDPR)
- Having strict access controls on our electronic systems
- Deleting your personal data (as outlined in this information sheet) when it is no longer required
- Keeping the details we have to contact you separate from the study data

International transfers

Your data will not be shared outside the UK.

How will we use information about you and your baby after the study ends?

Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study.

We will keep your study data for a maximum of 25 years. The study data will then be fully anonymised and securely archived or destroyed.

What are your choices about how you and your baby's information is used?

You and your baby can stop being part of the study at any time, without giving a reason, but we will keep information about you and your baby that we already have.
If you choose to stop taking part in the study, we would like to continue collecting information about you and your baby's health from your central NHS records. If you do not want this to happen, tell us and we will stop.
You have the right to ask us to access, remove, change or delete data we hold about you and your baby for the purposes of the study. You can also object to our processing of your data. We might not always be able to do this if it means we cannot use your data to do the research. If so, we will tell you why we cannot do this.
If you agree to take part in this study, you will have the option to take part in future research using your data saved from this study. Once your data has been anonymised, it may not be possible to withdraw it from future research datasets.

Where can you find more about how you and your baby's information is used?

You can find out more about how we use you and your baby's information:

- Our leaflet at **www.hra.nhs.uk/patientdataandresearch**
- by sending an email to our Data protection officer at dataprotection@uhs.nhs.uk
- by reading our privacy statement https://www.uhs.nhs.uk/about-the-trust/privacy/privacy-notice
- by asking one of the local research team (see 'how to contact us')
- by sending an email to OTTER@nottingham.ac.uk
- by ringing us on 0115 8231590