



STRIDER

A Randomised Controlled Trial of Sildenafil
Therapy In Severe Early-Onset Growth
Restriction



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Background

- Fetal growth restriction occurs when the placenta has failed to develop properly from the very earliest stages of pregnancy.
- It only becomes clear that the baby is small when it is suspected by examination or ultrasound scan.



What's wrong with being small?

- Very small baby's are at risk of serious problems whilst still in the womb and also after birth
- Being small is linked with being born early, stillbirth and newborn complications including death



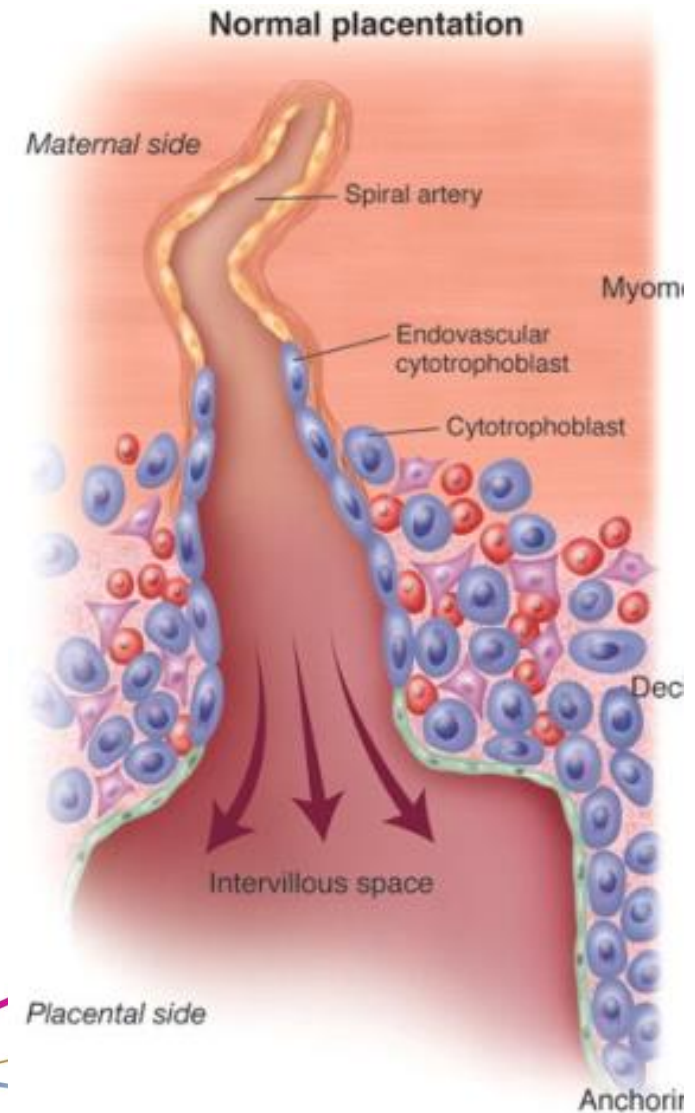
What is the STRIDER trial?

- The STRIDER trial is a UK trial for the treatment of babies with severe early-onset growth restriction
- It is a Randomised Placebo controlled trial
- The active drug is sildenafil, more commonly known as Viagra



How might sildenafil work

- Dilates the blood vessels supplying the placenta
- Increased blood flow = increased growth
- Increased growth = healthier baby



Why do we need a trial?

- There is currently no treatment for early-onset growth restriction
- Sildenafil appears to make babies grow better
- We don't know if this means they are healthier or that they are more likely to survive
- For this we need a trial

What is a randomised trial?

- You will receive either the active drug or placebo (an inactive tablet)
- Neither you nor the doctor/team looking after you will know what treatment you have received
- This technique is essential to ensure that any benefit seen is truly due to the active treatment

What would I have to do?

- Care would be the same as normal EXCEPT that we would ask for the following
 - Regular ultrasound scans
 - Blood samples
 - More detailed blood pressure and heart monitoring (some units only)
 - Placenta (some units only)

Potential risks

- Lots of evidence sildenafil is safe in adults
- Some evidence of safety in pregnancy
- Please tell the doctors and midwives looking after you of all medical problems and all drugs you are taking
- Inform medical staff if you feel unwell during the trial

Thank you

- Thank you for considering the STRIDER trial at this difficult time
- Any questions just ask the research team

