



# May we please tell you about the SNACS Research Study



**Single Dose of Antenatal Corticosteroids**  
Randomized Controlled Trial for Pregnancies at Risk of Preterm Delivery  
Our goal is to keep babies and children safe



[snacstrial.com](http://snacstrial.com)

## Parents say:



"As a mother who faced the early birth of my twin sons at 26 weeks, I understand the many feelings and emotions you might be having right now."

- **Fabiana Bacchini** (Executive Director of the Canadian Premature Babies Foundation and a parent partner on the SNACS study)



"How well my boys did and their outcomes was due to babies that had come before them and families that had said yes to research."

- **Melinda Cruz** (Mother of 3 boys born preterm. Founder of Miracle Babies)

## Why are steroids used?

**Steroids, given to people at risk of preterm birth, decrease serious complications in babies who are born early.**

Double doses of steroids have been used for 50 years. Animal studies suggest that these doses are possibly 2 to 10 times higher than needed, but we do not yet know the safest dose in humans.

## What is the study about?

Research suggests a **single** dose has many similar effects as double doses in babies born early.



## Who can participate?

Pregnant people (19 to 55 years) and between **22** and **34** weeks gestation

- with one baby or two
- who have received only 1 dose of steroids during pregnancy, and within last 24 hours



## What happens in the study?

The **best quality research** has a key feature to prevent bias (or prejudice).

Participants will be **randomly assigned** (like flipping a coin) to either:

- A 2<sup>nd</sup> dose of steroids (standard care)
- A placebo injection (like water)

"We wish you the very best for your pregnancy!"

**Dr Ariadna Grigoriu & Dr Erin Hemsworth**

Department of Obstetrics and Gynecology

To find out more about the study, please visit  
[snacstrial.com](http://snacstrial.com) or [snacsmoncton@HorizonNB.ca](mailto:snacsmoncton@HorizonNB.ca)

This study has been reviewed by the Horizon Health Network Research Ethics Board, File #101667