

FOI REF: 26/372

25th June 2026

Eastbourne District General Hospital

Kings Drive
Eastbourne
East Sussex
BN21 2UD

Tel: 0300 131 4500
Website: www.esht.nhs.uk

Further to your recent request for information made under the Freedom of Information Act (FOIA) 2000, I now set out our answers to your specific questions, and any clarifications sought and provided, as follows:

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

Please provide the information requested in the attached word document.

Please see the attached document: '[FOI 26/372 Omega-3 Supplementation in Pregnancy](#)'.

I trust this information is helpful in its detail or explanation however, if you are dissatisfied with the response, then you have the right to request an internal review. If you wish to seek an internal review, please write to the Freedom of Information Team at esh-tr.foi@nhs.net quoting the above FOI reference number, within 40 working days. Please note the Trust is not obliged to accept a request for an internal review after this time period.

Yours faithfully

Freedom of Information (FOI) Team
East Sussex Healthcare NHS Trust
0300 131 4716
Core Hours of Business: Monday to Friday 9.00am to 4.00pm

Omega-3 supplementation in pregnancy: a survey of UK practice

Hospital name: [Eastbourne District General Hospital & Conquest Hospital, St. Leonards-on-Sea.](#)

Trust: [East Sussex Healthcare NHS Trust.](#)

Preterm birth network (if known): [Kent, Surrey and Sussex.](#)

Details of service		Response	
1	In your antenatal booking appointment, do you discuss omega-3 intake in pregnancy?	No	
2	With whom would you be most likely to discuss or recommend dietary omega-3 and/or supplements?	The Trust would not usually recommend it	
3	In your trust do you currently recommend omega-3 supplementation in pregnancy for women at risk of spontaneous preterm birth?	No.	
		<p>If yes, in which form do you usually recommend it?</p> <p>Not applicable.</p>	<p>Dietary oily fish intake</p> <p>Over-the-counter omega-3 supplement</p> <p>Prescription omega-3 formulation (e.g. Omacor)</p> <p>I do not usually specify</p> <p>Other:</p> <p>Not applicable.</p>
3	Does your trust have a preterm birth clinic?	Yes.	
		<p>If yes, is omega-3 supplementation currently discussed in the pre-term birth clinic?</p>	No.
4	Is there a written protocol or local guidance for omega-3 supplementation in your antenatal and/or preterm birth clinic? *	No.	
		<p>If yes, please share a copy of the protocol or local guidance, if available.</p> <p>Not applicable.</p>	
	Are diet, fish intake, and dietary supplement use routinely reviewed in your clinic?	No.	