



East London

NHS Foundation Trust

Information Governance

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London

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Website: <https://www.elft.nhs.uk>

2nd June 2026

Our reference: FOI DA6628

We are responding to your request for information received 27th May 2026. This has been treated as a request under the Freedom of Information Act 2000.

We are now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact us on the contact details above if you have any further queries.

Yours sincerely,

FOI Team

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Tel: 0303 123 1113

Web: www.ico.org.uk

Please note that the data supplied is not allowed to be re-used and/or published without the explicit consent of East London NHS Foundation Trust. Please contact the signatory to request permission if this is your intention



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'what matters' to everyone, achieve a better quality
of life and continuously improve our services.
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Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Request:

Question 1: Omega-3 supplementation in pregnancy: a survey of UK practice

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	



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Answer: The Trust has reviewed question 1 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

*Any person making a request for information to a public authority is entitled—
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
(b) if that is the case, to have that information communicated to them.*

East London NHS Foundation Trust is primarily a Mental Health and Community Health Trust and as such does not provide maternity services. The Trust is therefore unable to provide a response.



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