

**Vaginal Microbiome Seeding and Health
Outcomes in Cesarean-Delivered Neonates:
A Randomized Controlled Trial.**

Principal Investigator: Suchitra Hourigan, MD



**Research Participants Needed
for Vaginal Seeding Study**

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What's the study about?



Cesarean Section (C-section) birth is a medical decision made with a mother and her physician. Some research suggests that C-section birth could be associated with an increased risk to the newborn of conditions, such as obesity, asthma and allergies later in life,

which may be linked to changes in the baby's gut microbiome. The microbiome is the group of normal "bugs" that live inside and on the human body.

Inova wants to learn whether a process called vaginal seeding can improve the health of babies born by C-section, by restoring the exposure to their mother's vaginal microbiome right after birth.

Who can be in the study?



Women scheduled to deliver babies via C-section at Inova can enroll in our Vaginal Seeding Study. The study team will meet with candidates during their pregnancy to determine if they are eligible to participate. Approximately 600 mother and baby pairs will be accepted to participate in this randomized controlled trial.

What can I expect if I enroll?



Swabbing newborn for vaginal seeding research

At birth, we will wipe your baby using a sterile gauze with the same fluid they would typically receive in a vaginal delivery (vaginal seeding process) or with a sterile solution.

What's next?

We will follow your baby during the first three years of life through surveys regarding their health, growth and development. We will also ask you to collect stool samples in special kits to look at your baby's microbiome development.

There is no cost to participate in this study. As a thank you for your participation, you and your baby will each receive a gift card shortly after delivery, as well as each time a survey and stool sample are returned.

If you are interested in participating in this study or would like more information, please call us at 703.776.8489 or email us at microbiome@inova.org

