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Has your child been prescribed antibiotics for an infection?

We're studying whether HMO supplements can help support the gut health of children taking antibiotics.

This may promote healthier weights, skin and lungs.

We're looking for children who:

- › Are 12 to 24 months old.
- › Are starting oral antibiotics.
- › Are regularly eating at least three solid meals a day.
- › Live in the Auckland region.

What's involved in the study:

- › Your child will be given a blend of HMOs or a placebo alongside antibiotics.
- › HMOs are a type of complex sugar found naturally in breastmilk. HMO supplements can now be manufactured.
- › 6-monthly check-ins with our research team over 18 months.

Participant costs will be reimbursed.



auckland.ac.nz/oak-study

For more information about the OAK Study:

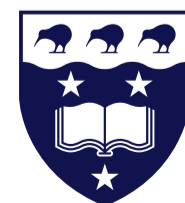
Phone: 0800 OAK KIDS (0800 625 5437)

Or text: 027 246 0856

Email: OAK@auckland.ac.nz

Liggins Institute

We will contact you within working hours



Waipapa
Taumata Rau
**University
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What is the OAK Study?

Oligosaccharides during Antibiotic treatment in Kids

Based at the Liggins Institute, this clinical trial is investigating whether milk oligosaccharides can help support the healthy balance of gut bacteria (the gut microbiome) in young children who are prescribed antibiotics.

Antibiotics are very important to treat bacterial infections but can cause an imbalance in the gut microbiome. These changes may affect the child's weight gain and lead to health conditions like allergic diseases.

What are HMOs?

Human Milk Oligosaccharides (HMOs) are a type of complex sugar found naturally in breastmilk. They help to maintain a healthy gut microbiome by making it easier for beneficial gut bacteria to grow and thrive, while preventing the growth of harmful bacteria. HMO supplements can now be manufactured.

What does the study involve?

Participating children will be randomly divided into two groups:

Group 1 will receive a mixture of HMOs and dextrose.

OR

Group 2 will receive dextrose as a placebo (this is the control group).

Children in both groups will receive one teaspoon three times a day during the antibiotic course your child has been prescribed.

Over the next 18 months, we will monitor your child's growth, gut bacteria and common health conditions such as eczema and wheezing.

Assessments

Every 6 months:

- Measurements: weight and height
- Development of eczema and asthma
- Occurrence of future infections
- Stool samples for identifying the gut microbiome

If your child has further courses of antibiotics over the next 18 months, we will repeat the course of HMOs or placebo. Your child will remain in the same group for the duration of the study.

Who can take part?

We are looking for children who:

- Are 12 to 24 months old
- Are being prescribed a course of oral antibiotics
- Are regularly eating at least 3 solid meals a day
- Live in the Auckland region

We will ask you a few additional questions to check that your child is eligible to participate.

Participant costs will be reimbursed.

What are the risks of the study?

OAK is a minimal risk study.

Breastmilk naturally contains a variety of HMOs. They are well-tolerated by toddlers as supplements. Mild abdominal discomfort or change in bowel motions from supplements are possible but rare.