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Diagram 1: A study overview

Subjects

Randomization

Randomize Before 16 weeks of gestation

ARM 1 N=320

Control

ARM 2 N=320

Placebo

Timelines

- 6-16 weeks
- 20 weeks
- 24 weeks
- OGTT
- 28 weeks
- 32 weeks
- 36 weeks
- 37 weeks
- 38 weeks
- 39 weeks
- 40 weeks
- Delivery

Data Collection At Delivery

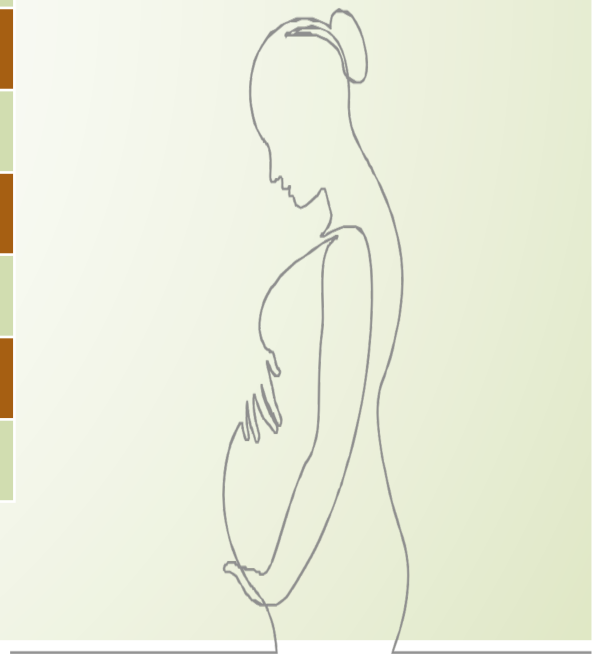
- **Maternal outcomes**
- **Neonatal outcomes**

Inclusion criteria:

1. **Pregnant women booked for prenatal care at Sidra Medicine.**
2. **Gestational age less than 16 weeks.**
3. **Capacity to provide informed consent**

Exclusion criteria:

1. Pre-Gestational diabetes / pre-existing diabetes.
2. Fasting Glucose of ≥5.1 mmol/l (92 mg/dl)
3. Women on steroids during pregnancy.
4. Women using Metformin for any other disorder, e.g., PCOS.
5. Women taking Myo-inositol as part of any supplementation.
6. Cancer- Not in remission.
7. Known allergy to Myo-inositol
8. Women who had bariatric surgery.
9. Involvement in another interventional trial.
10. Polyhydramnios.

Basic Information

- **Demographics**
- **Family history**
- **Pre-Pregnancy BMI**
- **Basic Observations(BP, Pulse, BMI)**
- **Physical activity**
- **Dietary History**