CONSENT TO PARTICIPATE IN A RESEARCH STUDY
-COVER SHEET-

Study title: *The SWEET Study:* A randomized, placebo-controlled, double-blind trial of semaglutide 1mg (Ozempic®) on regression to normoglycemia in women with a recent history of gestational diabetes

Study Sponsor: Woman's Hospital

KEY INFORMATION

This form has information to help you decide about taking part in this research study.
All of this information is important, but here are some key points to help you make a decision:

Why am I being asked to review this form?

- You are being asked to join a research study. Doctors and scientists do research to learn about diseases and how to treat them. Research can be different than medical care.
- This form is for you to read and understand why you might or might not want to join.
- Joining is completely up to you. Even if you sign up, you are free to quit if you change your mind.

What is the purpose, length of time, and procedures of this study?

- The *purpose* of the study is to learn if a once-a-week medicine, called semaglutide, can help women get rid of pre-diabetes and have healthy blood sugar levels after a pregnancy with gestational diabetes.
- *Your time* in this study will be up to 9 months.
- The *procedures* involved in this study include:
    - Blood draws, urine collections, and laboratory tests to measure your general health, diabetes status (how your body handles sugar), and pregnancy status (see if you are pregnant or not).
    - Measurement of your body weight, height, blood pressure, and a body composition scan (called a DXA) to measure how much body fat you have.
    - Continuous glucose monitoring to measure your blood sugar levels for 10 days in a row.
    - 24-hour dietary recall to record the food you have been eating.
- You will be put into a *study medicine* group at random (like flipping a coin): either the "active" medicine group (where you will get semaglutide (Ozempic®)) or the "placebo" group (where you will get a liquid that looks the same but has no medicine in it). You have an equal chance (50% each) of being in either group. Neither you or the study team can choose your group. Neither you or the study team will know what group you are in during the study.
- You will give yourself a shot of the *study medicine* each week for 8 months.
- You will earn up to $1,000 as you have study visits. A $250 check will be mailed to you after your baseline visits, 8-week visit, 20-week visit, and end-of-study visits are done.

What are the possible risks and discomforts?

- **Risks/side effects of study medicine**: The most common side effects of semaglutide 1mg (Ozempic®) are nausea, vomiting, diarrhea, stomach pain, and constipation. Semaglutide 1mg (Ozempic®) may cause serious side effects including pancreatitis (inflammation of the pancreas), changes in vision, low blood sugar, kidney problems (kidney failure), serious allergic reactions, and possible thyroid tumors (cancer).

What are the possible benefits?

As a result of taking part in the study, you will receive medical care and be checked throughout the study. The medicine in this study has been used in adults with type 2 diabetes to improve blood sugar levels. But this cannot be certain in women with pre-diabetes. It is possible that you may not receive any benefit from this study.

If you do not join the study, are there other choices?

You can choose at any time to not be in this study. If you don't want to join, healthy eating and exercise are alternative methods that are used to improve blood sugar levels.

Please take the time to read this entire form. Please ask any questions you have about the study. You may also wish to discuss this study with your family, friends, and doctor to help you make a decision about taking part. If you decide to take part in the study, you will be asked to sign this form.
Woman's IRB RP Number: RP-21-011-WH
Revised Approval Date: September 11, 2023

A randomized, placebo-controlled, double blind trial of Semaglutide 1mg (Ozempic®) on regression to normoglycemia in WomEn with a recent history of gestational diabETes mellitus

The "SWEET" Study

Principal Investigator: ***Elizabeth Sutton, PhD***
Co-Investigator: ***Karen Elkind-Hirsch, PhD***
Medical Monitor: ***Neil Chappell, MD***
Fertility Answers
500 Rue de la Vie, Baton Rouge, LA 70817

Who do you contact in case of research injury? Call Dr. Chappell at (225) 926-6886
Who do you contact for questions about the study? Call Dr. Sutton at (225) 924-8446

1- What is the purpose of this study?

- Gestational diabetes (when you have diabetes in pregnancy) puts women at risk for getting type 2 diabetes later in life after pregnancy.
- This is a research study to learn if a once-a-week medicine, called semaglutide (Ozempic®), can help women get rid of pre-diabetes and have healthy blood sugar levels after a recent pregnancy with gestational diabetes.
- Studies have shown semaglutide can help people with type 2 diabetes improve their blood sugar levels.
- This study will help researchers learn if semaglutide can help women with pre-diabetes have healthy blood sugar levels after they have had a pregnancy with gestational diabetes.

2- Who can join this study?

Women who had gestational diabetes in the last 10 years and have pre-diabetes now can join this study. 102 women will be in this study at Woman's Hospital.

3- What will happen to you if you join the study?

The SWEET Study and this form will be gone over with you before any study tests are done.
If you decide to join, your total time in the SWEET Study will be about **9 months**.
There are **4 phases** to this study: Screening, Baseline, Study Medicine, End-of-Study.

Phase 1: Screening, ***1 visit at Woman's Hospital***
You will have a visit to see if you qualify to be in the study. This visit is called the Screening Visit. It will have 2 parts:

Screening Visit: About 3 hours *fasted visit* nothing to eat or drink but water for at least 10 hours before

Part 1:

- **Review and signing of the informed consent form (this document)**
- **Collecting your health information***:* The study team will ask you questions about your general health and past pregnancy history.
- **Body measurements:** Your body weight, height, blood pressure, and heart rate will be measured.

- **Lab tests:** For these tests, you cannot eat anything after midnight. The only liquid you can drink after midnight is water. A blood draw of less than 2 teaspoons will be collected for tests about your long-term blood sugar levels (called HbA1C and) and your blood sugar levels (called "fasting glucose").

Part 2: Your HbA1c and fasting glucose will be measured in real-time while you are still at your screening visit. If your values qualify, you will go on immediately to the second part of your screening visit (or you can choose to return if your time is limited) described below:

- **Oral glucose tolerance test:** When you arrive, blood samples are taken before you drink or eat anything. Then you will drink a sugar drink. Then your blood samples will be taken again 30 minutes, 1 hour, and 2 hours after drinking the drink. You will have your blood drawn 4 times in about 2 hours for this test. A total of about 3 tablespoons of blood will be collected.
- **Other Lab tests:** Paired with another blood sample of about 2 teaspoons from the oral glucose tolerance test, we will also look at your general health and check if your thyroid, liver, and kidney functions are normal, as well as your cholesterol and triglycerides, and to be sure you are not pregnant.

If you join the study, you can choose to have the study team let your doctor know: Add your Initials below to agree or not agree.

_____ (initials) Yes, I **AGREE** to the study team letting my doctor know I joined the SWEET study.

OR

_____ (initials) NO, I do **NOT** agree to the study team letting my doctor know I joined the SWEET study.

Phase 2: Baseline testing, ***2 visits at Woman's Hospital***

Baseline Visit 1: About 1.5 hours

- **Physical exam:** You will have a physical exam with the study doctor or nurse practitioner. They will ask you questions about your health, family history, reproductive history, race, ethnicity, current drug use, cigarette/tobacco use, and alcohol intake. Note- you must be approved by the study doctor or nurse practitioner to enroll in the study.
- **Body weight, blood pressure, heart rate, waist and hip circumference**
- **Urine pregnancy test:** You will collect your urine in a cup. The study team will give you a urine dip-pregnancy test to use to see if you are pregnant.
- **DXA scan:** This is a painless test that is done on a "DXA" machine (like to an x-ray machine). You will change into a gown and lie down on the scanner table. The scan lasts 3 minutes. The total time (from changing clothes, start the DXA scanner, and finishing the scan) is about 10 minutes.
- **Continuous glucose monitoring:** A Dexcom G6 Pro sensor will be put on your stomach. See the picture. A small tube from the sensor will go under your skin. It is held in place with strong bandage. A small transmitter is then put onto the sensor. Together the sensor, transmitter, and bandage are the whole "Dexcom" system. The Dexcom will stay on your stomach for 10 days. If is shower safe but you should not go swimming or take a long bath. You will be given a receiver that will store your blood sugar levels that the Dexcom is measuring. You will not be able to see these numbers.

- **Dietary recall:** The study team member will ask you (either in person or over the phone for other visits) about what you have been eating and drinking for a recent one-day time frame. S/he will ask about time of eating, portion size of each food and drink, and sources of food (grocery store, restaurant, fast food, etc.). This will be the first of 8 dietary recalls you will complete during the study. You will do one every month you are in the study

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- **Your medicines:** You will be asked about the medicines (other than the study medicine) you are taking- name of medicine, how much, and how often you take it. We will want to know about any prescription medications, over the counter drugs as well as any vitamins or supplements (probiotics, herbal supplements)
- **Adverse events:** You will be asked how you are feeling and if you have experienced any illness or injury lately. Should you report an event, the date(s) of event, treatment (if any), and other details may also be collected.
- **Medicine group assignment:** You will be put into a *study medicine* group at random (like flipping a coin)- either the semaglutide group or the placebo group. You have an equal chance (50% each) of being in either group. *You (nor the study team) will know what group you are in*. No matter which group you are put in, you will give yourself the study medicine once a week by a shot under the skin for 8 months:
    - The ***semaglutide group*** will get semaglutide 1mg (also called Ozempic®).
    - The ***placebo group*** will get a liquid with the same inactive ingredients used in Ozempic® but no medicine in it.

Baseline Visit 2: About 2 hours

- **Body measurements** (body weight)
- **Return continuous glucose monitor sensor and transmitter**
- **Dietary education:** You will meet with a Registered Dietician who will give you a food and exercise plan made just for you.
- **Study medicine education:** You will be taught how and when to take the study medicine. You will be told to take the medicine once a week on the same day each week. All medications must be refrigerated (36-46 ºF) and protected from light until you use it for the first time. Once you start using it and it can then be kept at room temperature. The medicine should not be used if it has been frozen.
- **Injection education:** The medicine comes in a prefilled injection (shot) pen (pen-injector) with fixed doses and uses a very small needle. This medicine is given by a shot under the skin (called "subcutaneous") in the thigh, abdomen, or upper arm. You will be taught how to use the pen to give yourself the study medicine. Your medicine will start at a low dose that will slowly go up over the first 2 months. Medicine will be started at a dose of 0.25 mg (given one time a week, on the same day for 4 weeks). Then, the study medicine dose will go up to 0.5 mg weekly for the next 4 weeks. Then, the last increase will be to 1.0mg one-time a week. This will start Week #9 of taking the study medicine and you will give yourself this dose each week for the next 6 months.
- **Study medicine dispensing:** You will be given enough medicine in pre-filled pens to last you until your next study visit (8 weeks' worth).
- **Study compensation ($250)** will be mailed to you within 1-2 weeks.

Phase 3: Study medicine, ***2 visits at Woman's Hospital***

8-Week Visit: About 45 minutes

- **Body measurements** (body weight)
- **Study medicine dispensing** (12 weeks worth of study medicine)
- **Injection education**
- **Dietary recall**
- **Urine pregnancy test**
- **Your medicines**
- **Adverse events**
- **Study compensation ($250)** will be mailed to you within 1-2 weeks.

20-Week Visit: About 1.5 hours

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- **Body measurements** (body weight, blood pressure, heart rate)
- **Study medicine dispensing** (12 weeks worth of study medicine)
- **Dietary recall**
- **Lab tests:** A blood draw of less than 1.5 teaspoons will be collected for tests about your general health (for example: if your thyroid, liver, and kidneys function are normal) and to see if you are pregnant.
- **Your medicines**
- **Adverse events**
- **Study compensation ($250)** will be mailed to you within 1-2 weeks.

Phase 4: End-of-study testing, ***2 visits at Woman's Hospital***

End-of-Study Visit 1: 10 minutes *to be 4-7 days before your last injection*

- **Continuous glucose monitoring**

End-of-Study Visit 2: 3 hours *Fasted visit* nothing to eat or drink but water for at least 10 hours

- **Body weight, blood pressure, heart rate, waist and hip circumference**
- **Return continuous glucose monitor**
- **Oral glucose tolerance test**
- **Other Lab tests:** The first blood sample from the oral glucose tolerance test will also be used to look at your hormones and metabolism, including your long term blood sugar levels, lipid levels (like cholesterol and triglycerides) and signs of inflammation.
- **DXA scan**
- **Dietary recall**
- **Physical exam**
- **Your medicines**
- **Adverse events**
- **Medicine close-out:** All remaining study medicine pens will be returned and counted by the study team.
- **Study compensation ($250)** will be mailed to you within 1-2 weeks.

Virtual Procedures:

A few study procedures will be done virtually (meaning by telemedicine, phone, or survey):

- **Dietary recall**: This will be done once a month, 8 times total. When you are at Woman's for study visits, it will be done in person. The other months it will be done over the phone with a study team member.
- **Pregnancy tests: *This drug is not approved for use by pregnant women.*** You must have a negative pregnancy test every month you are in the study to participate. When you are at Woman's for study visits, it will be done with the study team. The other months, you will be asked to do a home urine pregnancy test. Test kits will be provided to you at no cost. The study coordinator will make sure you remember to do the test each month by contacting you for the result which will be noted in your research chart.
- **Study medicine check-ins:** You will be asked to fill out a survey each week to note when you gave yourself your study medicine injection.

As a research participant in the SWEET Study, the study team asks that you:

- Keep your study visits (or call to cancel ahead of time if you have to)
- Take your medicine as scheduled (one time a week for 8 months)
- Let the study team know if you have any problems

4- What are the possible risks and discomforts?

You may have some or none of the side effects listed. There is always the risk of an unknown side effect. Be sure to tell your doctor and pharmacist that you may be taking the study medicine- semaglutide (Ozempic®). This is important. They can tell you about how the drugs could interact with your other medicines. Risks from study procedures could include:

- **Blood sample**: There is the chance of infection and/or pain and bruising at the vein on your arm where the needle is put in or where the glucose monitor is placed. A small risk for lightheadedness, dizziness, and fainting is possible.
- **DXA scan to measure your body fat, bone, and muscle:** This is a painless test that is done on a "DXA" machine (like an x-ray machine). The scan time is 3 minutes. The amount of radiation you will be exposed to from having this scan done is minimal. When the scan is performed, the x-ray exposure is the same as about 3% the amount of x-ray exposure you would get from having a chest x-ray done.
- **Continuous glucose monitoring:** The Dexcom G6 system will measure your blood sugar for 10 days. It uses a small tube that goes in under your skin. The tube is put in with a very small needle.
    - **Pinch/sting:** There is a risk you will feel a small pinch or sting when your Dexcom it is put on. After the sensor is put on, you should not feel pain. Only the tube stays, the needle does not.
    - **Infection:** There is a small risk for infection. The study team uses clean hands to put the Dexcom on you. The study team will clean the site on your stomach.
    - **Rash**: In rare cases, the glue on the sensor's sticker may bother your skin- if you think this is happening you should call the study team right away.
    - **When to wear it:** The Dexcom should *not* be worn for swimming, long baths, or for magnetic resonance imaging (MRI), computer tomography (CT) scan, or high-frequency electrical heath (diathermy treatment). You should not use the Dexcom if you are pregnant, on dialysis, or critically ill. You should not put sunscreens and insect repellants on your Dexcom.
- **Study medication, Semaglutide 1mg (Ozempic®):** Semaglutide injection 1mg (Ozempic®) has been approved by the United States Food and Drug Administration (FDA) to improve blood sugar in adults with type 2 diabetes. It comes in a pen in fixed doses. The pen has a very small needle to inject the medicine under your skin.
    - **Most common side effects**: nausea, vomiting, diarrhea, stomach pain, and constipation.
    - **Rare side effect**: in rare cases, may cause serious side effects including pancreatitis (inflammation of the pancreas), changes in vision, low blood sugar, kidney problems (kidney failure), serious allergic reactions, and possible thyroid tumors (cancer).
- **Study medicine injections:** You will have to give yourself shots each week during the study. There may be a risk of infection, bruising where you gave the shot, or reaction where you got the shot.
- **Pregnancy**: The FDA has created guidelines for drug companies to follow about labeling medications and their impact on pregnancy. Based on research studies done with semaglutide (Ozempic®), the FDA states that ***the risks involved in use of the semaglutide (Ozempic®) in pregnant women clearly outweigh potential benefits***. This means that **the study medicine might harm an unborn child. So, you should not be in this study if you are pregnant, breast feeding, or you may become pregnant during the study period** (9 months + 2 months to fully get rid of the medicine in your system). You will need to have a negative pregnancy test (blood or urine) before taking the study medicine and take a pregnancy test *every month* while taking semaglutide. You also must agree to use a highly effective birth control during the study (like an intra-uterine device (IUD) or tubal ligation) or 2 methods of birth control at the same time (for example, a combination of: oral contraceptive pills, contraceptive patches, contraceptive rings, condoms, diaphragms, and/or a sexual partner with a vasectomy). You should keep using this method of birth control for at least 2 months after the study has finished. Do not use any of the study medications without telling your doctor if you are breastfeeding a baby. It is not known whether any of the study drugs pass into breast milk or if they could harm a nursing baby.
- **Collection of your personal information:** There is a low chance of a security breach – this means that it is unlikely for someone not a part of the research staff to see your data. Although we have very tight security measures, we will let you know if we discover this happens.

If you have questions about the study risks or do not understand any of the risks, you may discuss them with Dr. Chappell, Dr. Sutton, or Dr. Elkind-Hirsch. Although the risks of developing any of the listed risks/side effects are small, they do exist. If they occur, Dr. Chappell, Dr. Sutton, or Dr. Elkind-Hirsch and their team will watch you closely and take appropriate medical action. This may include stopping the use of the drug. Your primary care doctor is still responsible for your medical care.

5- What are the possible benefits?

By being in the SWEET study, you will get medical care and be checked throughout the study. At the end of the study, some of your results can be shared with you if you choose. The medicine in this study is used in adults with type 2 diabetes to improve blood sugar levels. But, this cannot be certain in women with pre-diabetes. It is possible that you may not receive any benefit from this study.

6- If you have any questions or problems, whom can you call?

- Call ***Ericka Seidemann*** with questions about your rights as a research volunteer. Her phone number is at 225-231-5296. She is the Human Protections Administrator at Woman's. You can also call ***Dr. Cathy Griffiths***. She is the Vice President over Research. Her phone number is 225-924-8739.
- Call ***Ericka Seidemann*** with concerns or suggestions about the study. Her phone number is at 225-231-5296.
- Call ***Dr. Sutton*** with questions about the research study or think you have a research-related injury or medical illness. Her phone number is 225-924-8446.

7- If you do not want to join the study, are there other choices?

You have the choice at any time not to join this research study. The care you get from your doctors will not change if you decide not to be in the study. You can join now and change your mind later on. Healthy eating and exercise are alternative methods that are used to improve blood sugar levels. A number of approved diabetes drugs are another choice that may be right for you. You may talk over the use of these with your doctor or the doctors in this study. You do not need to take part in this study to receive treatment for your condition.

8- Can you stop being in the study?

Joining this study is your choice. You may decide not to join the study or quit the study at any time. The care you get from your doctors will not change if you decide to quit the study. *To stop being in the study or discuss stopping*, you should contact the study coordinator by phone at 225-428-7464 or email research@womans.org.

9- Can your taking part in the study end early?

The study team can take you out of the study at any time without your permission. They may take you out of the study in the unlikely event the study may be harmful to you, you don't follow study directions, we find out you don't qualify, study is canceled, or for other reasons.

10- What if information becomes available that might affect your choice to stay in the study?

During this study, there may be new findings from this or other research which may affect your desire to continue. Information about any such new findings will be given to you.

11- What information will be kept private?

Every effort will be made to keep the confidentiality of your study records. Someone from Woman's Hospital Foundation Institutional Review Board, Woman's Hospital Research Center and researchers working with us, Woman's Hospital

Research and Development Committee, and federal agencies as required by law may inspect and/or copy the medical records related to the study.

- Privacy and Confidentiality: We will give you a special study number (or "ID") to store your study information. This study ID lets us not need to use your identity in study records. All study information collected at Woman's will use this study ID. Only the study team will be able to access your study information. We work hard to limit risks of breach of confidentiality and privacy by taking off your personal information from the data and samples. We also limit these risks by storing data on encrypted and secure web-based databases. We will keep your study records forever. The records will be stored in a password protected database. Again, although steps will be taken to keep privacy, total confidentiality cannot be certain.
- Results of the study: Test results performed on your blood sample may or may not be shared with you, but results may be published. We will keep your name and other identifying information private. Other than as set forth above, your identity will remain confidential unless disclosure is required by law.
- Identifiable Private Information or Identifiable Biospecimens: Any information that could identify you (called an "identifier") will be removed from your identifiable information. After this removal, the information or biospecimens could be used for future research studies or given to another investigator for future research without additional informed consent from you.
- www.ClinicalTrials.gov: A description of this study will be available on www.ClinicalTrials.gov, as required by law. This website will not include information that can identify you. At most, the website will include a summary of the results. You can search this website at any time.

12- What charges will you have to pay?

None.

13- What payment will you get?

We will give you up to $1,000 for your time if you join the study. You will get $250 after you do your baseline testing (before you start your study medicine). You will get $250 after 8 weeks of taking the study medicine. You will get $250 after 20 weeks of taking the study medicine. You will get $250 after doing your end-of-study visit- this is the last study visit. A check will be ordered after you do your visit and mailed to you.

14- What if I have a study-related injury?

There is no money to pay your costs if you have an injury because of this study. Medical care can be gotten easily if an injury happens. The cost of this medical care will be the responsibility of you and/or your insurance company. You should call Dr. Sutton, Dr. Elkind-Hirsch, or Dr. Chappell if you are hurt while taking part in this study.

- Dr. Sutton: (225) 924-8446
- Dr. Elkind-Hirsch: (225) 231-5278
- Dr. Chappell (225) 926-6886

15- How will the study team reach you?

The study team may contact you by phone, email, or text message about this research. There is a risk that any information sent in an unencrypted email or text message could be read by someone else. By giving the study team your email and/or phone number, you agree to receive unencrypted email and/or text messages.

16 -Signatures

By signing this consent form, I agree to take part in this study as it is described. This study has been explained to me and all of my questions have been answered. I can call the study investigators, listed on page 2, with any further questions I may have. This study has been reviewed and approved by an Institutional Review Board. I understand that there is a level of risk that any information transmitted in an unencrypted email or text message could be read by a third party. I agree to the terms above and acknowledge that I will be been given a copy of this consent form. I have not waived any of my legal rights by signing this form.

_____	_____	____/____/____	__ __:__ __
Printed Name of **Subject**	Signature of **Subject**	**Date**	**Time**
_____	_____	____/____/____	__ __:__ __
Printed Name of **Person Obtaining Consent**	Signature of **Person Obtaining Consent**	**Date**	**Time**

The study subject has indicated to me that the subject is unable to read. I certify that I have read this consent form to the subject and explained that by completing the signature line above the subject has agreed to take part.

_____	_____
Signature of Reader	Signature of Witness

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