

The role of antenatal vitamin e supplementation in the prevention of neonatal jaundice.

ABSTRACT

Objective: To determine the effect of maternal antenatal vitamin E supplementation on neonatal jaundice. **Methods:** A randomized double blind controlled trial assessing the role of vitamin E in the prevention of preeclampsia was conducted in a tertiary hospital over two years. From 12-16 weeks gestation until delivery, primigravida mothers with singleton pregnancies received either 100 mg daily vitamin E in the form of tocotrienol rich fraction, or placebo. The newborns were assessed for jaundice. **Results:** Among 262 infants, 136 were in the vitamin E group and 126 in the placebo group. The incidence of neonatal jaundice was similar: 38% (54/136) in the vitamin E group and 36% (45/126) in the placebo group ($p=0.10$). Nevertheless, the vitamin E group had a tendency for lower peak serum bilirubin, although not significantly so. **Conclusion:** Maternal antenatal vitamin E supplementation had no effect on the incidence of neonatal jaundice.

Keyword: Antenatal; Jaundice; Neonatal; Vitamin E