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**The Newcastle upon Tyne Hospitals**  
NHS Foundation Trust

## PARTICIPANT INFORMATION SHEET

### -KEY FACTS-

### The INSIGHT-AM trial

INhaled Sargramostim In Groups of Healthy and inTensive care unit participants to study Alveolar Macrophage function

Thank you for showing an interest in the INSIGHT-AM study. This document contains a very brief overview of the study and who is eligible to participate. To register your interest, please contact us on either email address below and we will send the full participant information sheet and answer any specific questions you may have.

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INSIGHT-AM is a research study looking at unique aspects of lung immune function. We are studying a particular cell in the lung called the alveolar macrophage. The study involves includes both healthy volunteers (aged 18+) and critically ill patients within hospitals.

You **must** consider yourself to be in good health, without any risk factors that may cause diseases of the lungs.

- You **must not** have a history of significant cardiovascular diseases (heart attacks, strokes), diabetes or kidney impairment.
- You **must not** take regular medications other than the following: skin creams, hormone therapy (oral contraceptives, hormone replacement therapy), blood pressure medications (maximum of one drug for this purpose), drugs for constipation, aspirin, paracetamol, codeine, thyroid replacement and PPIs for acid reflux (e.g. Omeprazole, Lansoprazole).

Your first hospital visit would be for a brief screening, to ensure you are fit to participate. We would then arrange a date for you to attend hospital to have a procedure called a bronchoscopy. This is a medical procedure in which we examine inside the lungs with a small fibre-optic camera on a flexible telescope passed down the nose or mouth. It is a common and safe procedure which only takes around 15 minutes, though we observe you for a few hours afterwards. The purpose of this procedure is to take a small washing from inside your lungs that would give us a sample of alveolar macrophages, the particular cell we are interested in.

We are extremely grateful for participants and the time they sacrifice to be part of research studies. We offer a small fee of £150 as a token of our appreciation (this is typically paid as a voucher however there may be an option for payment by bank transfer).

The full participant information sheet contains expanded information on every aspect of the trial and will be provided to you should you wish to register your interest.