



Understanding Clinical Trials

**Taking part in research
can help save lives**



Side effect wording can be found at the bottom of this resource.
This non-promotional leaflet has been developed by MSD UK.

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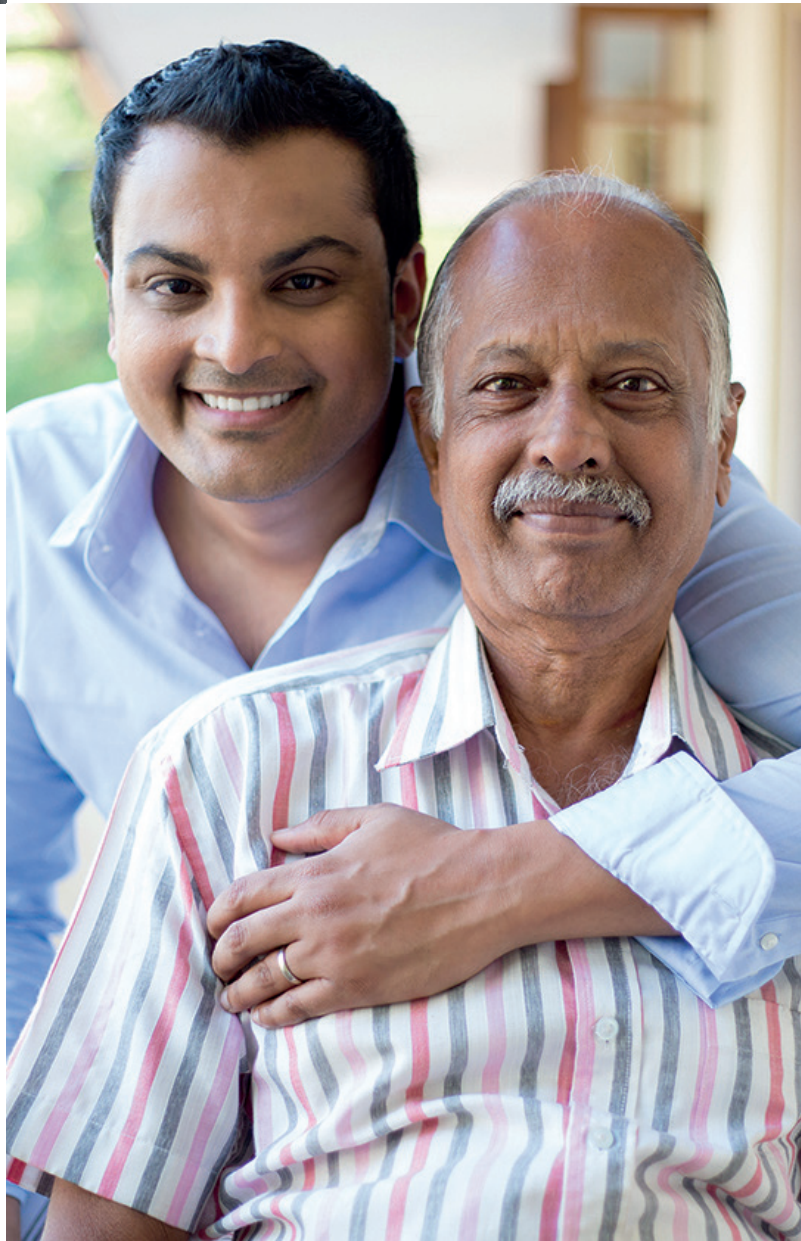
What is a clinical trial?

A clinical trial is a research study that tests new medical treatments, medicines, or procedures to see how well they work and if they are tolerated by people. These trials are important for advancing medicine. They also help us learn how treatments affect people of different ages, genders, and race.

Clinical trials need a diverse group of people to join

Treatments can work differently in different people. This may be because of differences in people's age, gender, or race.

When a diverse group of people join a trial, researchers can learn more about how treatments work and their possible side effects. This ensures that clinical research can improve the health of the whole population.



Clinical Trials Q & A

Wondering if a clinical trial could be for you?
Here are some common questions and answers.



Q: Who can join a clinical trial?

A: Each trial will have guidelines for who can join it. For example, a trial might only accept people with a specific illness.

If you want to join a clinical trial, the trial team will see if you meet these guidelines. If you don't, you may be able to join a different trial instead.

Taking part in a trial is entirely voluntary, and you can choose to withdraw at any time.

Q: What if the clinical trial team doesn't understand my language or culture?

A: You can have an interpreter at your trial visits or you may be able to get trial documents in your language.

If you need anything else, tell the trial team. They are there to help you.

Q: How are clinical trials monitored?

A: **Before a clinical trial starts:** it must be reviewed and approved by an Ethics Committee to protect the rights and safety of people in it. These groups are made up of independent healthcare professionals, ethics and law experts, scientists, and members of the public.

During the trial: people are closely watched to make sure they tolerate the medicine. If any problems happen, the trial may be stopped or paused to protect everyone.

Also, if you join a study, you can leave any time. Being in a trial is completely voluntary.

Q: What if I use traditional or alternative medicine?

A: Discuss any traditional or alternative treatments you are considering with your doctor and the clinical trial team to ensure they can be used alongside the trial treatment.

Want to learn more about clinical trials?

Talk to your doctor or nurse about clinical trials that may be open to you. Further information, including a list of clinical research studies in the UK relevant to you, is available through the [National Institute for Health Research \(NIHR\)](https://www.nihr.ac.uk). Or use the QR code opposite to access the Be Part of Research website.



Taking part in research can help save lives



**Taking part in clinical trials can
shape the future of healthcare.**

**By joining, you could make
a real difference.**

Speak to your doctor about clinical trials that could be right for you.
Make sure to talk with your family and loved ones about what is best for you.



Side effects should be reported to your clinical trial team who will contact the relevant company. Additionally, reporting forms and information can be found at <https://yellowcard.mhra.gov.uk> or search for MHRA Yellow Card in the Google Play or Apple App Store.

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This brochure was reviewed by a group of patients from Barts Experimental Cancer Medicine Centre Patient & Public Involvement Group.

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