Table 1 CONSORT checklist of information to include when reporting randomised crossover trials

Section/topic	Item No	Description	Reported on Page Number/Line Number	Reported on Section/Paragraph
Title†	1a	Identification as a randomised crossover trial in the title	p. 1	Title
Abstract†	1b	Specify a crossover design and report all information outlined in *table 2*	p. 3 line 47-68	Abstract
Introduction				
Background‡	2a	Scientific background and explanation of rationale	p.4-6; line 78-105	Introduction 1.1, 1.2
Objectives‡	2b	Specific objectives or hypotheses	p.5-6; line 108-115	Section 1.3 Objective
Methods				
Trial design†	3a	Rationale for a crossover design. Description of the design features including allocation ratio, especially the number and duration of periods, duration of washout period, and consideration of carry over effect	p.8; line 143-144, 176-188, 190-201	Section 2.3 Data collection and procedures
Change from protocol‡	3b	Important changes to methods after trial commencement (such as eligibility criteria), with reasons	No changes to methods after trial commencement	No changes to methods after trial commencement
Participants‡	4a	Eligibility criteria for participants	p.6; line 123-127	Section 2.1 Participants
Settings and location‡	4b	Settings and locations where the data were collected	p.7; line 171-172	Section 2.3 Data collection and procedures
Interventions†	5	The interventions with sufficient details to allow replication, including how and when they were actually administered	p.7; line 171-201	Section 2.3 Data collection
Outcomes‡	6a	Completely defined prespecified primary and secondary outcome measures, including how and when they were assessed	p.5,6,7; line 108-115, line 140-159, line 176-201	Section 2.2 Measurements
Changes to outcomes‡	6b	Any changes to trial outcomes after the trial commenced, with reasons	No changes to outcomes	No changes to outcomes
Sample size†	7a	How sample size was determined, accounting for within participant variability	p.9; line 204-205	Section 2.4 Data and
Interim analyses and stopping guidelines‡	7b	When applicable, explanation of any interim analyses and stopping guidelines	No interim analysis were performed	No interim analysis were performed

Randomisation:				
Sequence generation‡	8a	Method used to generate the random allocation sequence	p.7; line 165-168	Section 2.3 Data collection and procedures
Sequence generation‡	8b	Type of randomisation; details of any restriction (such as blocking and block size)	p.7; line 162-166	Section 2.3 Data collection and procedures
Allocation concealment mechanism‡	9	Mechanism used to implement the random allocation sequence§ (such as sequentially numbered containers), describing any steps taken to conceal the sequence until interventions were assigned	p.7; line 167-169	Section 2.3 Data collection and procedures
Implementation†	10	Who generated the random allocation sequence,§ who enrolled participants, and who assigned participants to the sequence of interventions	p.7; line 165-167	Section 2.3 Data collection and procedures
Blinding‡	11a	If done, who was blinded after assignment to interventions (for example, participants, care providers, those assessing outcomes) and how	p.7; line 162-169, 190-192	Section 2.3 Data collection and procedures
Similarity of interventions‡	11b	If relevant, description of the similarity of interventions	p.7; line 192	Section 2.3 Data collection and procedures
Statistical methods†	12a	Statistical methods used to compare groups for primary and secondary outcomes which are appropriate for crossover design (that is, based on within participant comparison)	p.9; line 204-213	Section 2.4 Data and statistical analysis
Additional analyses‡	12b	Methods for additional analyses, such as subgroup analyses and adjusted analyses	p.9; line 204-213	Section 2.4 Data and statistical analysis
Results				
Participant flow (a diagram is strongly recommended)†	13a	The numbers of participants who were randomly assigned, received intended treatment, and were analysed for the primary outcome, separately for each sequence and period	p.9; line 218	Section 3.1 Participants
Losses and exclusions†	13b	No of participants excluded at each stage, with reasons, separately for each sequence and period	p.8; line 190 p.9; line 218	2.3 Data collection and procedures Section 3.1 Participants
Recruitment‡	14a	Dates defining the periods of recruitment and follow-up	Recruitment	Recruitment
Trial end‡	14b	Why the trial ended or was stopped	Trail was executed to	Trail was executed to
Baseline data†	15	A table showing baseline demographic and clinical characteristics by sequence and period	Table 1	Results Section 3.1

Numbers analysed†	16	Number of participants (denominator) included in each analysis and whether the analysis was by original assigned groups	Original assigned participants used in each analysis. Number of	Original assigned participants used in each analysis. Number of
Outcomes and estimation†	17a	For each primary and secondary outcome, results including estimated effect size and its precision (such as 95% confidence interval) should be based on within participant comparisons.¶ In addition, results for each intervention in each period are recommended	We reported Mean (SD) and Median (IQR)	We reported Mean (SD) and Median (IQR)
Binary outcomes‡	17b	For binary outcomes, presentation of both absolute and relative effect sizes is recommended	Not applicable	Not applicable
Ancillary analyses‡	18	Results of any other analyses performed, including subgroup analyses and adjusted analyses, distinguishing prespecified from exploratory	We collected a PARQ to confirm inclusion/ exclusion criteria and	We collected a PARQ to confirm inclusion/ exclusion criteria and
Harms†	19	Describe all important harms or untended effects in a way that accounts for the design (for specific guidance, see CONSORT for harms32)	p. 6; line 129-130	Section 2.1 Participants and demographics
Discussion				
Limitations†	20	Trial limitations, addressing sources of potential bias, imprecision, and if relevant, multiplicity of analyses. Consider potential carry over effects	p.15; line 392-401	Discussion Section 4.3 Strengths and limitations
Generalisability‡	21	Generalisability (external validity, applicability) of the trial findings	p.12; line 319-390	Discussion Section 4.1
Interpretation‡	22	Interpretation consistent with results, balancing benefits and harms, and considering other relevant evidence	p.12; line 319-390	Discussion Section 4.1
Other information				
Registration‡	23	Registration number and name of trial registry	p. 6; line 127-129	Section 2.1 Participants
Protocol‡	24	Where the full trial protocol can be accessed, if available	Available on request	Available on request
Funding‡	25	Sources of funding and other support (such as supply of drugs), role of funders	No funding received	No funding received

† Modified original CONSORT item.

‡ Unmodified CONSORT item.

§ Random sequence here refers to a list of random orders, typically generated through a computer program. This should not be confused with the sequence of interventions in a randomised crossover trial, for example receiving intervention A before B for an individual trial participant.

¶ A within participant comparison takes into account the correlation between measurements for each participant because they act as their own control, therefore measurements are not independent.

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*As the checklist was provided upon initial submission, the page number/line number reported may be changed due to copyediting and may not be referable in the published version. In this case, the section/paragraph may be used as an alternative reference.