

## Sustainability solutions

## Is your clinical trial sustainability ready?

Use this quick checklist to assess your study's environmental health.

We can't advance human health while harming the planet. Clinical trials are essential for breakthrough therapies, but they also leave a carbon footprint — from patient travel to shipping kits to powering study sites. Sponsors now face a dual responsibility: deliver innovative treatments while reducing environmental impact.

A single Phase III trial can generate CO<sub>2</sub> emissions equal to powering 100+ U.S. homes for a year

**100+** homes powered  
for a year

(Source: BMJ Open, 2022)



## QUICK CHECKLIST



### Protocol design

- Minimize unnecessary visits/assessments
- Shift to virtual or at-home options
- Run carbon calculator to identify hotspots



### Logistics and transportation

- Optimize shipping routes
- Go virtual for investigator meetings
- Support green travel (EVs, stipends, carpooling)



### Site and vendor selection

- Choose sites/vendors with science-based carbon targets
- Share footprint data and co-create reduction plans



### Waste and circular practices

- Reuse or donate equipment/materials
- Partner with vendors on recycling programs



### Data and operations

- Prioritize digital capture and remote monitoring
- Reduce plastics and packaging
- Use recyclable/reusable shippers



### Culture and communication

- Train staff on sustainability practices
- Share your sustainability story with participants
- Capture lessons learned and improve next trial

**Advance research. Protect the planet.**

Run carbon calculator to identify hotspots [carboncalculator.ppd.com/](https://carboncalculator.ppd.com/)

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