

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 May 2026

### Efficacy of the Probiotic Yogurt in Prevention of Urinary Tract Infection among People with Stroke, Hospitalized in the Hospital Affiliated with North Khorasan University of Medical Sciences in 2011-2012

#### Protocol summary

##### Summary

The aim of this study is to evaluate the effect of Probiotic yogurt to preventing of urinary tract infection. Inclusion criteria were: negative urine culture; starting on oral diet; food tolerance; use of urinary catheter; receiving no prior antibiotic treatment and willingness to participate in the research. Exclusion criteria: immunosuppressant; taking corticosteroids; inability to eat food and starting antibiotic treatment during the research. A randomized controlled clinical trial was conducted in 60 hospitalized patients with stroke who should have undergone urinary catheterization. Data was collected by data collection form. Urine sampling was done for all patients. Those with negative culture were randomly assigned The intervention group received 200 gram daily probiotic yogurt 1/5% fat containing yogurt starter bacteria plus Lactobacillus acidophilus LA-5 & Bifido bacterium BB-12 and Control group 200 gram daily of normal yogurt 1/5% fat containing normal yogurt starter bacteria (Streptococcus thermophilus, Lactobacillus bulgaricus ) for a period 3 days. After this period, urine samples were collected again and the results of the two groups were compared. In this study the main outcome variables is urinary tract infection.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013042813154N1**

Registration date: **2013-07-20, 1392/04/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2013-07-20, 1392/04/29

#### Registrant information

##### Name

Batoul Mahmoudi

##### Name of organization / entity

North Khorasan University of Medical of Sciences  
University

##### Country

Iran (Islamic Republic of)

##### Phone

+98 58 5622 4011

##### Email address

bt438@nkums.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

Investigator

#### Expected recruitment start date

2012-09-22, 1391/07/01

#### Expected recruitment end date

2012-12-20, 1391/09/30

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

Efficacy of the Probiotic Yogurt in Prevention of Urinary Tract Infection among People with Stroke, Hospitalized in the Hospital Affiliated with North Khorasan University of Medical Sciences in 2011-2012

#### Public title

The Effect of Probiotic Yogurt in Prevention of Urinary Tract Infection

#### Purpose

Prevention

## Inclusion/Exclusion criteria

Inclusion Criteria: negative urine cultivation; starting to eat and bear food; use of urinary catheter; undergoing no antibiotic treatment and willingness to participate in the research. Exclusion criteria: immunosuppression; taking corticosteroids; inability to eat food and starting antibiotic treatment during the research.

## Age

No age limit

## Gender

Both

## Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 60

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Single blinded

## Blinding description

## Placebo

Used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics Committee of the University of Medical Sciences

##### Street address

Tehran University of Medical Sciences, Khaghani St, Shariati St

##### City

Tehran

##### Postal code

##### Approval date

2012-04-21, 1391/02/02

##### Ethics committee reference number

1008

## Health conditions studied

### 1

#### Description of health condition studied

Urinary tract infection

#### ICD-10 code

B95,B96,B9

#### ICD-10 code description

Urinary tract infection, site not specified

## Primary outcomes

### 1

#### Description

Prevention of urinary tract infection

#### Timepoint

The first day & fourth day

#### Method of measurement

Urine culture

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

The intervention group received 200 gr daily probiotic yogurt 1/5% fat containing yogurt starter bacteria plus Lactobacillus acidophilus LA-5 & Bifidobacterium BB-12 for a period of 3 days.

#### Category

Prevention

### 2

#### Description

Control group received 200 gr daily of normal yogurt 1/5% fat containing normal yogurt starter bacteria (Streptococcus thermophilus, Lactobacillus bulgaricus ) for a period 3 days.

#### Category

Prevention

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Imam Khomeini Hospital in Shirvan

##### Full name of responsible person

Batoul Mahmoudi

##### Street address

Imam Khomeini Hospital, Imam Reza St, Shirvan, North khorasan, Iran

##### City

Shirvan

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for research, North Khorasan University of Medical Sciences

**Full name of responsible person**

Alireza Golshan

**Street address**

Government boulevard, Bojnurd, North khorasan

**City**

Bojnurd

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Vice chancellor for research, North Khorasan University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector***empty***Domestic or foreign origin***empty***Category of foreign source of funding***empty***Country of origin****Type of organization providing the funding***empty***Person responsible for general inquiries****Contact****Name of organization / entity**

North Khorasan University of medical Sciences

**Full name of responsible person**

Batoul Mahmoudi

**Position**

Ms in Nursing Students

**Other areas of specialty/work****Street address**

Imam khomeini Hospital, Imam Reza St, Shirvan, North Khorasan

**City**

Shirvan

**Postal code****Phone**

+98 58 5622 4011

**Fax****Email**

bt438@nkums.ac.ir

**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

North Khorasan University of Medical Sciences

**Full name of responsible person**

Batoul Mahmoudi

**Position**

Ms in Nursing Students

**Other areas of specialty/work****Street address**

Imam Khomeini Hospital, Imam Reza st, Shirvan, North Khorasan

**City**

Shirvan

**Postal code****Phone**

+98 58 5622 4011

**Fax****Email**

bt438@nkums.ac.ir

**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

North Khorasan University of Medical Sciences

**Full name of responsible person**

Batoul Mahmoudi

**Position**

Ms in Nursing Students

**Other areas of specialty/work****Street address**

North Khorasan

**City**

Shirvan

**Postal code****Phone**

00

**Fax****Email****Web page address****Sharing plan****Deidentified Individual Participant Data Set (IPD)***empty***Study Protocol***empty***Statistical Analysis Plan***empty***Informed Consent Form***empty***Clinical Study Report***empty***Analytic Code***empty***Data Dictionary***empty*