Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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 acidofillus 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
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Person responsible for updating data

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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