Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

The comparison effect of ginger and mefenamic acid on after delivery pain in multiparous women

Protocol summary

Summary

This is a double-blind clinical trial study that compares the effects of ginger and mefenamic acid on pain after delivery in multiparous women. Sample size are containing 122 patients in two groups, the ginger as intervention and mefenamic acid as the control group. Inclusion criteria: 1-people who have normal vaginal delivery; 2-people who are multipar; 3-gestational age:37 to 42 weeks; 4-people who have after delivery pain; 5-people who are not unread; 6-infant weight range is 2500-4000 g; 7-women's body mass index is 19.8-29. When patients are arguing about moderate or high levels of pain, first, their pain measured with a ruler and randomly use mefenamic acid or ginger capsule. Pain before and half hour after each intervention is measured with a ruler. Patients are asked about how many minutes does it take pain killer affect after each intervention. During this time, any abnormal bleeding in both groups are measured based on approximation by observing the value. If there was any necessity, next procedures will be done. In addition, during the research, if the pain not being controlled, using of any painkiller drugs for mothers are permitted.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013052613475N1**
Registration date: **2013-07-20, 1392/04/29**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-07-20, 1392/04/29

Registrant information

Name
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Ahvaz Jundishapur University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Ahvaz Jundishapur University of Medical Sciences

Expected recruitment start date

2013-05-10, 1392/02/20

Expected recruitment end date

2013-08-11, 1392/05/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison effect of ginger and mefenamic acid on after delivery pain in multiparous women

Public title

The effect of ginger on after delivery pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1-people who have normal vaginal delivery; 2-people who are multipar; 3-gestational age:37 to 42 weeks; 4-people who have after delivery pain; 5-people who are not unread; 6-infant weight range is 2500-4000 g; 7-women's body mass index is 19.8-29; 8-Mother should not use another palliative procedure; 9-

people who Have not hard labor; 10-Those people who are not addict; 11-people who have not history of allergy to ginger or other plants; 12-those have not history of c/s or other abdominal surgery; 13-those have not any history of postpartum hemorrhage; 14-No underlying disease. Exclusion criteria: if drugs could not sedate the mother and other interventions was necessary.

Age
No age limit

Gender
Female

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **122**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
For a random sampling, mothers are randomly selected, divided by code ginger and mefenamic acid into two groups. Code selection is based on random selection of numbers, from bag with 61 ginger and 61 mefenamic acid, and the code are A and B have been determined. For the drug selection, also there are 61 bags containing 4 capsules of mefenamic acid and 61 bags containing 4 capsules of Zintoma are prepared and code A and code B are issued on them. For that reason for researchers to not to aware of prescribed medications, drugs are encoded by a midwife colleagues. Packet selection based on the code on the form is optional.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ahvaz Ethics committee of Jundishapur University of Medical Sciences,Ahvaz,Iran

Street address
Golestan Street-Ahvaz Jundishapur University of Medical Sciences,Ahvaz,Iran

City
Ahvaz

Postal code
61357-15794

Approval date
2013-05-04, 1392/02/14

Ethics committee reference number
eth-737

Health conditions studied

1

Description of health condition studied
After Pain

ICD-10 code
Z39

ICD-10 code description
Postpartum care and examination

Primary outcomes

1

Description
The intensity of after pain

Timepoint
Before intervention & 4 times after intervention.

Method of measurement
Visual pain scale

2

Description
The duration of pain

Timepoint
After intervention

Method of measurement
Per minute

3

Description
The frequency of abnormal bleeding

Timepoint
To 24 hours after delivery

Method of measurement
According to national guidelines

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group1:Ginger, Capsule 250 mg oral- per 6 hours for 24hours, brand name:Zintoma, Manufacturer:Goldaru

Category
Treatment - Drugs

2

Description
Intervention 2, Mefenamic Acid, oral Capsule, 250 mg,

per 6 hours for 24hours, brand name: Ponstan , Manufacturer:Razak

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Mashahr Hospital

Full name of responsible person

Somayeh Poormaleky

Street address

City

Mashahr

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

Full name of responsible person

Mostafa Feghhi

Street address

Golestan street, Vice chancellor for research, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

City

Ahvaz

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, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

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

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

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Master student

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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