

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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

Somayeh Poormaleky

##### Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 65 2242 8788

##### Email address

poormaleky.s@ajums.ac.ir

##### 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 Fegghi

**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**

Somayeh Poormaleky

**Position**

Master student

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

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

**City**

Ahvaz

**Postal code****Phone**

+98 65 2242 8788

**Fax****Email**

poormaleky.s@ajums.ac.ir

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

Ahvaz Jundishapur university of Medical Sciences

**Full name of responsible person**

Somayeh Poormaleky

**Position**

Master student

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

Golestan Street,Ahvaz Jundishapur university of  
Medical Sciences,Ahvaz,Iran

**City**

Ahvaz

**Postal code****Phone**

+98 933 342 4185

**Fax****Email**

poormaleky.s@ajums.ac.ir

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

Ahvaz Jundishapur University of Medical Sciences

**Full name of responsible person**

Somayeh Poormaleky

**Position**

Master student

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

Golestan Street, Ahvaz Jundishapur University of  
Medical Sciences,Avaz,Iran

**City**

Ahvaz

**Postal code****Phone**

00

**Fax****Email**

poormaleky.s@ajums.ac.ir

**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*