Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of oral honey intake on labor progress among nulliparus women

Protocol summary

Summary

One of the most common cause of dystocia is cesarean. Despite the increasing need for energy during labor, women are prohibited from receiving any food. Honey is a substance with high nutritional value. healing effects of it In Islamic texts also has mentioned. This study, in the form of double-blind clinical trial are conducted to determine the effect of oral honey intake on labor progress among nulliparus women .The study included nulliparous women admitted to Ayatollah Taleghani hospital in Ark during1390. Sample size in each group 53 subject are considered. Mothers were randomly as blocked in one of three groups of honey syrup, placebo and usual care factors. In honey syrup, solution of honey(equivalent to 70 gram of carbohydrate) and 140 cc water will be given a half hours after admission. The solution of honey (equivalent to 30 gram of carbohydrate) and 600 cc water will be given every half hour (100 cc per each time). A half hours after admission placebo group, 140 cc syrup placebo and then every half hour 100 cc placebo syrup are given. in the usual care group, the mother can drink some water for thirst. Researcher and the patient will be blind from the kind of received oral syrup .Patient is controlled. to the end of the first stage of labor.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201102041845N4**
Registration date: **2011-04-11, 1390/01/22**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2011-04-11, 1390/01/22

Registrant information

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Tooba Heidari
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Arak university of medical sciences
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Arak University of Medical Science

Expected recruitment start date

2011-04-21, 1390/02/01

Expected recruitment end date

2012-04-20, 1391/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of oral honey intake on labor progress among nulliparus women

Public title

Honey and labor progress

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria : age between 35-18 years, gestational age between 42-37 completed weeks based on the first day since last menstrual period (LMP) or ultrasound, as a physiologic delivery (no intervention) and the existence

of at least 5 centimeters dilatation Exclusion criteria : lack of obstetric problems history (such as eclampsia, preeclampsia, placenta previa, placental abruption, multiple pregnancy, chorioamnionitis , meconium stained amniotic fluid , polyhydroamnious) and psychological problems (eg death of parents, spouse, child, separation from a spouse, serious differences with her husband, a major change in life situation, severe financial problems over the past month)

Age
From **18 years** old to **35 years** old

Gender
Female

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **159**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double 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 Arak University of Medical Science

Street address
Arak University of Medical Science,Arak

City
Arak

Postal code

Approval date
2010-06-30, 1389/04/09

Ethics committee reference number
89-89-1

Health conditions studied

1

Description of health condition studied
Labor Progress

ICD-10 code
O75.9

ICD-10 code description
Complication of labour and delivery, unspecified

Primary outcomes

1

Description
Labor Progress

Timepoint
Every 1 hour

Method of measurement
Minute

Secondary outcomes

empty

Intervention groups

1

Description
In honey syrup, solution of honey(equivalent to 70 gram of carbohydrate) and 140 cc water will be given a half hours after admission. The solution of honey (equivalent to 30 gram of carbohydrate) and 600 cc water will be given every half hour (100 cc per each time)

Category
Treatment - Drugs

2

Description
A half hours after admission placebo group, 140 cc syrup placebo and then every half hour 100 cc placebo syrup are given

Category
Placebo

3

Description
in the usual care group, the mother can drink some water for thirst

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Ayatollah Taleghani hospital

Full name of responsible person
Tooba Heidari

Street address
Arak University of Medical Science ,Arak

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Arak University of Medical Science
Full name of responsible person
Tooba Heidari
Street address
Arak University of Medical Science ,Arak
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Arak University of Medical Science
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
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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