

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jul 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

Name

Tooba Heidari

Name of organization / entity

Arak university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 86141735039

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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

City

Arak

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

City

Arak

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

Name of organization / entity

Arak University of Medical Science

Full name of responsible person

Tooba Heidari

Position

Academic Remember of Midwifery Department

Other areas of specialty/work

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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