

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of green tea solution gargling on the sore throat, cough and hoarseness after coronary artery bypasses grafting

Protocol summary

Summary

The aim of this study is to evaluate the effect of green tea gargling solution on post-extubation cough, hoarseness and sore throat in patients undergone coronary artery bypass surgery. This study is single-blind randomized clinical trial with a sample size of 130 patients undergoing coronary artery bypass surgery. Sampling is convenience and allocation in two groups is random. The intervention group participants will be asked to gargle 30 cc of green tea solution. Patients of the control group gargled 30 cc of distilled water. An hour after extubation, the patients of the intervention group will be asked to gargle 30 cc of green tea and the patients of the control group will be asked to gargle 30 cc of distilled water every 6 hours (up to 24 hours). The sore throat, hoarseness and cough Questionnaire will be also filled out 6, 12, and 24 hours after endotracheal extubation.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014043017483N2**

Registration date: **2014-12-06, 1393/09/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-12-06, 1393/09/15

Registrant information

Name

Mohammadreza Aryaeefar

Name of organization / entity

Neyshabur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 4334 4712

Email address

m.aryae2012@gmail.com

Recruitment status

Recruitment complete

Funding source

Mazandaran University of Medical Sciences

Expected recruitment start date

2014-05-22, 1393/03/01

Expected recruitment end date

2014-07-01, 1393/04/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of green tea solution gargling on the sore throat, cough and hoarseness after coronary artery bypasses grafting

Public title

The effect of green tea solution gargling on the sore throat, cough and hoarseness after coronary artery bypasses grafting

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria included age of 30-70 years, no history of having cold or sore throat during the preceding week, and lack of drug addiction. Exclusion criteria included more than 1 attempt for intubation and more than 30 seconds, Mallampati score of higher than 2, active airway infection, and history of allergy to green tea. Furthermore, patients who kept in the ICU with an endotracheal tube for more than 16 hours, and patients

who were unable to communicate due to different reasons, such as dangerous dysrhythmias, bleeding, loss of consciousness, or any other reason, will be excluded from the study.

Age

From **36 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

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

Mazandaran University of Medical sciences

Street address

Imam Squar, Joybar 3way, Start of valiye asr highway,
Mazandaran University of Medical Sciences

City

Sari

Postal code

Approval date

2014-07-09, 1393/04/18

Ethics committee reference number

1393,18,04

Health conditions studied

1

Description of health condition studied

Sore throat Cough

ICD-10 code

R05, J02

ICD-10 code description

Cough , acute sore throat

Primary outcomes

1

Description

Sore throat

Timepoint

0, 6 ,12 and 24 hour after endotracheal extubation

Method of measurement

Visual Analogue Scale (VAS)

2

Description

cough

Timepoint

0, 6 ,12 and 24 hour after endotracheal extubation

Method of measurement

4 Point Scale

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group participants were asked to gargle 30 cc of green tea solution every 6 hours (up to 24 hours) .

Category

Prevention

2

Description

The control group participants were asked to gargle 30 cc of distilled water every 6 hours (up to 24 hours) .

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Mazandaran Heart Center

Full name of responsible person

Dr Aria Soleimani

Street address

Artesh Blv. Mazandaran Heart Center, Sari, Iran.

City

Sari

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Council of Mazandaran University of Medical Sciences

Full name of responsible person

Dr Ahmad Ali Enayati

Street address

Moalem Squar, Research Council of Mazandaran University of Medical Sciences.

City

Sari

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Research Council of Mazandaran 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**

Mazandaran University of Medical Sciences

Full name of responsible person

Hedayat Jafari

Position

Faculty member

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

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

Mazandaran University of Medical Sciences

Full name of responsible person

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Position

PhD in Nursing

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Mazandaran University of Medical Sciences

Full name of responsible person

Mohammadreza Aryaeefar

Position

MSc student

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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