

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 2026

### Study of the effect of exercise on equivalent dose of gamma ray in patients treated by I-131 in Namazi hospital of shiraz, Iran

#### Protocol summary

##### Summary

(1)Radioiodine therapy is used for thyroid cancer patients who are underwent total thyroidectomy. After administering radioiodine, Patients should be hospitalized in a controlled area for about 48 hours in order that the measured ambient equivalent dose from the gamma rays which emit from their total body reduces to a standard level. (2)As some of the administered radioiodine is excreted by perspiration and since patients have enough free time during the hospitalization, (3) so we seek whether a specific exercise program can affect the equivalent dose in patients which are able to run (on treadmill). (4) This study is being conducted for patients with differentiated thyroid cancer without metastasis who are underwent total thyroidectomy and treated with radioiodine. 30 person choose as a pilot study among patients who do not have renal failure, do not administering diuretics and are able to exercise. Patients will be divided into two control and intervention groups. (5)Intervention group walk on treadmills for four, twenty minutes, intervals during hospitalization and the control group don't have any specific activity at these times. Immediately after each exercise process, both groups take shower and also their equivalent dose are measured before and after each process. (6) At the end, by computing variation levels of dose in each group, we will evaluate the effect of exercise on equivalent dose of gamma rays that are emitted from thyroid cancer patients body.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014060817684N2**

Registration date: **2014-10-29, 1393/08/07**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2014-10-29, 1393/08/07

##### Registrant information

###### Name

Mahdi Haghghatafshar

###### Name of organization / entity

Shiraz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 3647 4835

###### Email address

afsharm@sums.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Shiraz university of medical science, Vice chancellor for research

##### Expected recruitment start date

2014-11-01, 1393/08/10

##### Expected recruitment end date

2015-11-01, 1394/08/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Study of the effect of exercise on equivalent dose of gamma ray in patients treated by I-131 in Namazi hospital of shiraz, Iran

##### Public title

The effect of exercise on radioactive Iodine exclusion from body

## Purpose

Supportive

## Inclusion/Exclusion criteria

Inclusion criteria: patients with differentiated thyroid cancer underwent total thyroidectomy and treated with radioiodine Exclusion criteria: metastasis; renal failure; administering diuretics and unable to exercise.

## Age

From **18 years** old to **50 years** old

## Gender

Both

## Phase

2-3

## Groups that have been masked

*No information*

## Sample size

Target sample size: **30**

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Shiraz university of medical science, Ethics Committee

##### Street address

Central building of Shiraz University of Medical Science, Karimkhan-e Zand Boulevard

##### City

Shiraz

##### Postal code

14336 - 71348

#### Approval date

2014-05-20, 1393/02/30

#### Ethics committee reference number

CT-P-9365-6635

## Health conditions studied

### 1

#### Description of health condition studied

Thyroid Cancer therapy with I-131

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Ambient equivalent dose

#### Timepoint

6, 24 and 48 hours after administering radioiodine

#### Method of measurement

Environmental dosimeter

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

intervention group: Having exercise test for 4 times in 48 hours after administering I-131

#### Category

Prevention

### 2

#### Description

control group: Do not have any exercise test.

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Shiraz Namazi Hospital

##### Full name of responsible person

Nuclear medicine and molecular imaging research center

##### Street address

Nuclear Medicine department, Namazi Hospital, Namazi Square

##### City

Shiraz

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Shiraz university of medical science, Vice chancellor for research

##### Full name of responsible person

Zahra Pandkhahi

##### Street address

Central building of Shiraz University of Medical Science, Karimkhan-e Zand Boulevard

##### City

Shiraz

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Shiraz university of medical science, Vice chancellor for research

**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**

Shiraz university of medical science

**Full name of responsible person**

Nuclear medicine and molecular imaging research center

**Position**

Expert of the center

**Other areas of specialty/work**

**Street address**

Nuclear Medicine department, Namazi Hospital, Namazi Square

**City**

Shiraz

**Postal code**

11351-71937

**Phone**

+98 71 1612 5330

**Fax**

**Email**

nmmirc@yahoo.com

**Web page address**

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Shiraz university of medical science

**Full name of responsible person**

Nuclear medicine and molecular imaging research center

**Position**

Nuclear medicine Specialist

**Other areas of specialty/work**

**Street address**

Nuclear Medicine department, Namazi Hospital, Namazi Square

**City**

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**Postal code**

11351-71937

**Phone**

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**Fax**

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nmmirc@yahoo.com

**Web page address**

**Person responsible for updating data**

**Contact**

**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*