

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

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Nuclear Medicine department, Namazi Hospital, Namazi Square

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nmmirc@yahoo.com

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Person responsible for scientific inquiries

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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