Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Comparing the effect of Cumin and Supermint (Peppermint Oil) and Milk of Magnesia on Gastrointestinal Complications after Caesarean Section

Protocol summary

Summary

Cesarean section, one of the most common surgeries, has complications such as flatulence, nausea, belching and flatus. we used cumin and supermint in the current study. The study population comprised all pregnant women undergoing cesarean section with the following inclusion criteria: no history of gastrointestinal diseases, no adhesion observed during surgery….). The sample size was 83 people. Interventions began the day after the surgery simultaneous with drinking tea and before having a meal for 3 times with a 20-min interval. Each group (1, 2 and 3) that were randomly selected received 40 drops of cumin and supermint in 30 ml of water and 30 ml of syrup respectively. Twenty minutes and 120 minutes after the first intervention, the questionnaire was completed. In fact, the third group (milk of magnesia) received the routine medication of the hospital and were considered the control group. For each medicine group, the intended medicine was poured into graduated containers by an assistant and the researcher was blinded to the contents and gave the patients the form of double-blind trial. All participants in the study were matched in terms of cesarean section period and normal BMI (26-19).). After taking the first dose of the medicine, at the end of 20 min the questionnaire was filled out and questions about all variables (nausea, vomiting, etc.) were asked of the patients step by step and were marked on the questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014062918280N1**
Registration date: **2014-08-15, 1393/05/24**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-08-15, 1393/05/24

Registrant information

Name

Maryam Tofighi Niaki

Name of organization / entity

Islamic Azad University Sari Brabch

Country

Iran (Islamic Republic of)

Phone

+98 11 3303 3857

Email address

maryamtofighi@iausari.ac.ir

Recruitment status

Recruitment complete

Funding source

Chancellor for research Of Islamic Azad University Sari Branch

Expected recruitment start date

2012-08-21, 1391/05/31

Expected recruitment end date

2014-01-20, 1392/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of Cumin and Supermint (Peppermint Oil) and Milk of Magnesia on Gastrointestinal Complications after Caesarean Section

Public title

The effect of drugs on gastrointestinal complications after caesarean

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion Criteria: uneventful transects ; Singleton infant;Term pregnancy(38-42); No blood transfusion;Second repeat cesarean;normal BMI(19-26); With general anesthesia. Exclusion Criteria:History of surgical adhesions;fever;Gastrointestinal disorders (colitis, Cron,IBS);Gastritis drugs;Spinal anesthesia

Age

From **22 years** old to **32 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **83**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of The Islamic Azad University Sari Branch

Street address

Phyrozkandeh ,Darya Street, Sari

City

Sari

Postal code

4816119318

Approval date

2012-05-07, 1391/02/18

Ethics committee reference number

03

Health conditions studied

1

Description of health condition studied

Pregnancy, childbirth and the puerperium

ICD-10 code

O85,O92

ICD-10 code description

Complications predominantly related to the puerperium

Primary outcomes

1

Description

Defecation

Timepoint

every 20 min and 120 min after the end of the firrst intervention

Method of measurement

Questionnaire to yes/No

2

Description

Bloating

Timepoint

every 20 min and 120 min after the end of the firrst intervention

Method of measurement

Questionnaire to yes/No

Secondary outcomes

1

Description

Nausea

Timepoint

every 20 min and 120 min after the end of the first intervention

Method of measurement

Questionnaire to yes/no

2

Description

Heart burn

Timepoint

every 20 min and 120 min after the end of the first intervention

Method of measurement

Questionnaire to yes/no

3

Description

Belching

Timepoint

every 20 min and 120 min after the end of the first intervention

Method of measurement

Questionnaire to yes/no

4

Description

Flatus

Timepoint

every 20 min and 120 min after the end of the first intervention

Method of measurement

Questionnaire to yes/no

5

Description

vomiting

Timepoint

every 20 min and 120 min after the end of the first intervention

Method of measurement

Questionnaire to yes/no

Intervention groups

1

Description

The intervention group: cumin: 40 drops in 30 cc municipal tap water 3 times with 20-minute intervals

Category

Treatment - Drugs

2

Description

The intervention group: peppermint essential oil : 40 drops in 30 cc municipal tap water 3 times with 20-minute intervals

Category

Treatment - Drugs

3

Description

The Control group: milk of magnesia: 30 cc ، 3 times with 20-minute intervals

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital

Full name of responsible person

Tahereh Asadi

Street address

City

Sari

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The Islamic Azad University Sari Branch

Full name of responsible person

Hamed Samadi

Street address

Phyrozkandeh ,Darya Street

City

Sari

Grant name

Grant code / Reference number

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

Yes

Title of funding source

The Islamic Azad University Sari Branch

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

The Islamic Azad University Sari Branch

Full name of responsible person

Maryam Tofighi Niaki

Position

Msc/Faculty Member

Other areas of specialty/work

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Person responsible for scientific 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