

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Effect of Cinnamon Extract on Reducing Perineal Pain Following Episiotomy

Protocol summary

Summary

This study aimed to determine the effect of cinnamon extract to reduce the pain of episiotomy. Primiparous woman, first degree episiotomy wound with a length of 3-4 cm and a depth of up to 3 mm, singleton term pregnancy, 18 to 35 years old, No underlying medical condition and absence of chemotherapy and drug allergy are the Inclusion criteria. Occurring Hematomas, Infection, need for neonatal resuscitation, development of episiotomy, abnormal bleeding after childbirth, perineal re-manipulation, prolonged rupture of membranes, prolonged childbirth, The need to use instrument for delivery and grade 3 or 4 Perineal laceration are the Exclusion criteria. The sample size is 68 healthy Primiparous women with a normal delivery with episiotomy admitted to Asali hospital of Khorramabad In 2014. Patients will be matched with each for age, length of second stage of labor, the length of incision and pain severity. To assess the severity of pain, the visual graded scale will be used. Pain severity immediately will be recorded after entering maternal care room, then the intervention group will receive a specific dosage of cinnamon extract (3.5%) And will be applied at the site of episiotomy then, in 1 and 4 hours after use also will be recorded. Residual extract and placebo given to them to use it if had a pain and the patients will be visited on the tenth day.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015012420734N2**
Registration date: **2015-06-03, 1394/03/13**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-06-03, 1394/03/13

Registrant information

Name

Younes Azizpourfard

Name of organization / entity

Lorestan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Lorestan University of Medical Sciences

Expected recruitment start date

2014-03-20, 1392/12/29

Expected recruitment end date

2015-03-20, 1393/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Cinnamon Extract on Reducing Perineal Pain Following Episiotomy

Public title

The Effect of Cinnamon Extract on Reducing Perineal Pain Following Episiotomy in Primiparous Women in Khorramabad Asali Hospital in 2014

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Primiparous woman; Educated; Iranian; body mass index between 19/8-25 kg/m² ;first degree episiotomy wound with a length of 3-4 cm and a depth of up to 3 mm; singleton term(37-42 weeks) pregnancy; 18 to 35 years old; No underlying medical condition(Cardiovascular, hepatic, renal, diabetes, coagulation disorders, anemia, constant constipation and hemorrhoids) ; absence of chemotherapy and allergy to Herbal Medicines; Not taking anticoagulant drugs; antidepressants; anticonvulsants; antibiotics; immunosuppressive drugs; alcohol; smoking and opiate materials; No history of active skin disease (allergic disorder, symptomatic vaginitis, Skin ulcer or sensitivity at the site) ; anterior position view of the fetal head for episiotomy on the gynecologic bed. Exclusion criteria: Occurring Hematomas; Infection; need for neonatal resuscitation; development of episiotomy; abnormal bleeding after childbirth; perineal re-manipulation; Prolonged rupture of membranes (more than 18 hours) ; the first stage of labor (over 14 hours) ; second phase of pregnancy (more than 2 hours); the third stage of labor (more than 1 hour); The need to use instrument for delivery; grade 3 or 4 Perineal laceration.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 68

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**

Lorestan University of Medical Sciences

Street address

3th km to khgoramabad-boroujerd road

City

khgoramabad

Postal code**Approval date**

2014-03-23, 1393/01/03

Ethics committee reference number

LUMS.REC.1394,8

Health conditions studied**1****Description of health condition studied**

Perineal laceration during delivery

ICD-10 code

O70

ICD-10 code description

Perineal laceration during delivery Incl.: episiotomy extended by laceration

Primary outcomes**1****Description**

Improvement of episiotomy site pain

Timepoint

Immediately after surgery, 0 and 1 and 4 hours after episiotomy

Method of measurement

Visual graded scale

Secondary outcomes**1****Description**

Adverse reactions (allergy)

Timepoint

At one and four hours after the surgery, the tenth visit day, any unpredictable time

Method of measurement

By examination and regular visits and record patient pain complaint

Intervention groups**1****Description**

Intervention group will receive a specific dosage of cinnamon extract (3.5%) And will be applied at the site of episiotomy then, in 1 and 4 hours after use also will be used. Residual extract will be given to them to use it if had a pain and the patients will be visited on the tenth day.

Category

Treatment - Drugs

2**Description**

Control group will receive a specific dosage of placebo and will be applied at the site of episiotomy then, in 1 and 4 hours after use also will be used. Residual placebo

will be given to them to use it if had a pain and the patients will be visited on the tenth day.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Asali Hospital of Khorramabad

Full name of responsible person

Masoume Ghafarzadeh

Street address

City

Khorramabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Lorestan University of Medical Sciences

Full name of responsible person

Dr. varzi

Street address

3th km to Khorramabad-Boroujerd road

City

Khorramabad

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Lorestan 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

lorestan university of Medical science

Full name of responsible person

Masoume Ghafarzadeh

Position

Professor

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Web page address

Person responsible for updating data

Contact

Name of organization / entity

Lorestan University of Medical Sciences

Full name of responsible person

Younes Azizpourfard

Position

Medical Doctor

Other areas of specialty/work

Street address

22 Bahman street, Shohada Ashayer Hospital

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Khorramabad

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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