

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jun 2026

Comparison of cranberry pills and nitrofurantoin tablets on the prevention of relapse recurrent urinary tract infections in women.

Protocol summary

Summary

The aim of this study was to compare the effect of cranberry pills and tablets nitrofurantoin on the prevention of recurrent urinary tract infection recurrence in the form of a clinical trial on 3 groups each one contains twenty one 15-45 years old women with recurrent urinary tract infection that are visited in Kashani hospital's clinic. The patients that have genitourinary anatomic problems (stone, ureterocell, hydronephros) and genitourinary dysfunction (neurogenic bladder) and bacterial persistence have been removed from this study. Patients were randomly divided into three groups. Before entering the study, the patients were examined clinically in terms of functional and anatomic problems and if necessary ultrasonography were done. After the treatment of current urinary tract infections and clinical improvement, the first group received cranberry 500 mg tablets for 6 months and the second group received Nitrofurantoin 100 mg during night for 6 months and the third group received placebo. These patients were followed up during the six months and once in two months the patient were examined clinically, UA, UC, and in terms of recurrent cystitis, the patients were advised whenever they see the signs of the infection they should go to the hospital .

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015111625072N1**

Registration date: **2015-12-02, 1394/09/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-12-02, 1394/09/11

Registrant information

Name

Narjeskhaton Dadkhah

Name of organization / entity

Shahrekord University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 38 3333 0061

Email address

dadgar@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Research deputy of shahrekord University of Medical Sciences

Expected recruitment start date

2014-06-22, 1393/04/01

Expected recruitment end date

2014-12-22, 1393/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of cranberry pills and nitrofurantoin tablets on the prevention of relapse recurrent urinary tract infections in women.

Public title

prevention of recurrent urinary tract infections in women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: women 15-45 years old who suffer from cystitis Kashani hospital clinics were frequent.

Exclusion criteria: those with anatomic abnormalities of

the genitourinary system (stone,Ureterocele and hydronephrosis): impaired functional genitourinary system (neurogenic bladder) Darshnd.

Age

From **15 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **63**

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

University Of Medical Sciences Shahrekord

Street address

Shahrekord University Of Medical Sciences , kashani Street,Shahrekord, Iran

City

shahrekord

Postal code

iran

Approval date

2014-05-25, 1393/03/04

Ethics committee reference number

1155

Health conditions studied

1

Description of health condition studied

Recurrent urinary tract infections

ICD-10 code

B99

ICD-10 code description

Other and unspecified infectious diseases

Primary outcomes

1

Description

Recurrent urinary tract infections

Timepoint

Every two months to six months

Method of measurement

Physical examination, clinical signs of cystitis, urine culture and urine analysis Urine

Secondary outcomes

1

Description

Burning and frequent urination

Timepoint

Once every two months to six months

Method of measurement

Ask the patient

Intervention groups

1

Description

group1: cranberry 500 mg tablets for 6 months .

Category

Treatment - Drugs

2

Description

group2: received nitrofurantoin 100 mg during night for 6 months

Category

Treatment - Drugs

3

Description

control group: received placebo for 6 months

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Kashani Hospital

Full name of responsible person

Doctor Majid Shirani

Street address

Kashani Hospital , Kashani street, Shahrekord

City

Shahrekord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahrekord University Of Medical Sciences

Full name of responsible person

Doctor Sayedkamal Solati

Street address

Blv University, Kashani Street, Shahrekord University
Of Medical Sciences

City

Shahrekord

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahrekord 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

Shahrekord University Of Medical Sciences

Full name of responsible person

Doctor Majid Shirani

Position

Specialist kidney and urinary tract, Educational
Assistant

Other areas of specialty/work

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Position

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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