

# 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**

**Street address**

Kashani street, Shahrekord , University Of Medical  
Sciences

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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

### Contact

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**Full name of responsible person**

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Assistant

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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*