

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

Effect of omega-3 on blood pressure and serum lipids in continuous ambulatory peritoneal dialysis patients

Protocol summary

Summary

End stage renal disease (ESRD) is a condition that metabolic disorders play an critical role in body physiology. The effect of omega-3 fatty acids is well documented in some inflammatory diseases via eicosapentanoic acid (EPA) and docosahexanoic acid (DHA) components of fish oil. The aim of this study was to investigate the effects of dietary omega-3 fatty acid supplementation on levels of lipid profile and blood pressure in ESRD patients. In this study, 90 patients arrived if they are on chronic ambulatory peritoneal dialysis for 3 months, clinically stable without serious disease and in stage 1 hypertension. If patient have chronic diarrhea, malignancy, thrombocytopenia (less than 100000/mm³, coagulation disorders, need to anticoagulant drugs or psychosomatic disorders exclude from study. Group 1 (45 patients) using omega 3 capsuls, 1000mg, manufactured by Zahravi Pharmaceutical, 3 times a day for 6 weeks. Group 2 (45 patients) using placebo capsules, manufactured by Zahravi pharmaceutical, 3 times a day for 6 weeks. Serum level of total cholestrol, triglycerid, high- density lipoprotein and systolic and diastolic blood pressure are measured at begining and end of the study

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201501112417N16**

Registration date: **2015-01-17, 1393/10/27**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-01-17, 1393/10/27

Registrant information

Name

Firouzeh Moeinzadeh

Name of organization / entity

Isfahan University of Medical Sciences

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Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, Isfahan University of Medical Sciences

Expected recruitment start date

2012-04-28, 1391/02/09

Expected recruitment end date

2012-06-21, 1391/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of omega-3 on blood pressure and serum lipids in continuous ambulatory peritoneal dialysis patients

Public title

Effect of omega-3 on blood pressure and serum lipids in continuous ambulatory peritoneal dialysis patients

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: Clinically stable patients without serious disease; continuous ambulatory peritoneal dialysis (CAPD) for at least 3 months; hypertension stage

1(according to JNC VII) or under treatment. Exclusion criteria: history of steatorrhea; malignancy; thrombocytopenia (PLT<100000/mm³); abnormal coagulation profile; need for anticoagulation therapy; psychosomatic disorders.

Age

From **18 years** old to **99 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

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**

Vice Chancellor for Research, Isfahan University of Medical Sciences

Street address

Hezar Jarib Ave.

City

Isfahan

Postal code**Approval date**

2012-04-23, 1391/02/04

Ethics committee reference number

290370

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

End Stage Renal Disease

ICD-10 code

N18.0

ICD-10 code description

End Stage Renal Disease

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

Triglyceride

Timepoint

Beginning of the study, after 6 weeks

Method of measurement

mg/dL

2**Description**

Cholesterol

Timepoint

Beginning of the study, after 6 weeks

Method of measurement

mg/dL

3**Description**

High density lipoprotein (HDL)

Timepoint

Beginning of the study, after 6 weeks

Method of measurement

mg/dL

4**Description**

Systolic blood pressure

Timepoint

Beginning of the study, after 6 weeks

Method of measurement

mmHg

5**Description**

Diastolic blood pressure

Timepoint

Beginning of the study, after 6 weeks

Method of measurement

mmHg

Secondary outcomes

empty

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

Cap Omega-3 1000mg 3capsule per day for 6 weeks manufactured by Zahravi company

Category

Treatment - Drugs

2

Description

Cap placebo for 6 weeks manufactured by Zahravi company

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Alzahra Hospital, Peritoneal dialysis centre

Full name of responsible person

Shirin Karimi

Street address

Sofe street

City

Isfahan

2

Recruitment center

Name of recruitment center

Nour Hospital, Peritoneal Dialysis centre

Full name of responsible person

Dr Fsoon Emami Naini

Street address

ostandari street

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Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Isfahan University of Medical Sciences

Full name of responsible person

Dr. Peyman Adibi

Street address

Hezar Jarib street

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor for Research, Isfahan 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

Isfahan University of Medical Sciences

Full name of responsible person

Dr. Firouzeh Moeinzadeh

Position

Nephrologist

Other areas of specialty/work

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Other areas of specialty/work

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Fax

Email

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