Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effect of peppermint on improvement of GI function after Ceasarine section

Protocol summary

Summary

Objective: determine the effect of peppermint drop to improve bowel function after cesarean. Design: The population of the study included 102 elective cesarean women at 38-40 week of gestational age who underwent spinal anesthesia. The simple double blind randomization is done by using closed envelopes. The two groups were homogeneous in type of anesthesia and the time of operation(30-40 minutes). This study is in Phase 1. Setting and conduct:Elective cesarean section women at 38-40 week of gestational age under the spinal anesthesia were enrolled. One group of patients with 20 drops of mint in 30 cc of water will be treated and one group of patients with 20 drops of placebo in 30 cc water will be treated, Which begins 4 hours after the surgery and is repeated at intervals of one hour in three doses. The patients are then clinically examined for intestinal dysfunction.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017030632909N1**
Registration date: **2017-11-12, 1396/08/21**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-11-12, 1396/08/21

Registrant information

Name

Seyede hoora Mosavi vahed

Name of organization / entity

Mashhad Medical University

Country

Iran (Islamic Republic of)

Phone

+98 51 3224 1265

Email address

vahedalainh@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Mashhad University of Medical Sciences

Expected recruitment start date

2017-03-21, 1396/01/01

Expected recruitment end date

2017-11-22, 1396/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of peppermint on improvement of GI function after Ceasarine section

Public title

Effect of peppermint on GI disorder after Ceasarine section

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Woman undergone elective caesarian with Spinal Anesthesia in term 38-40 weeks; Monotone
Exclusion criteria: Having abdominal surgery; GI disease; Choleliathiasis and diabetes and Hyperion; usage of GI herbal or chemical drug; Diarrhia and vomiting and distention in the past 48 hours; opioid usage; sensitive to peppermint

Age

From **15 years** old to **50 years** old

Gender
Female

Phase
3
Groups that have been masked
No information
Sample size
Target sample size: **51**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo
Used
Assignment
Single
Other design features
Patients joined the research and researcher do not know about the drug contant

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Mashhad University of Medical Sciences
Street address
Daneshgah St, Ghoreish Department .
City
Mashhad
Postal code
13944-91388
Approval date
2016-12-21, 1395/10/01
Ethics committee reference number
IR.MUMS.fm.REC.1395.360

Health conditions studied

1

Description of health condition studied
GI DYSFUNCTION
ICD-10 code
K91.8
ICD-10 code description
Other postprocedural disorders of digestive system, not elsewhere classified

Primary outcomes

1

Description
Intestinal function
Timepoint
Before and 12 hours after intervention
Method of measurement
Physical Exam

2

Description
Breastfeeding
Timepoint
24 hours after operation
Method of measurement
Look and note

3

Description
Start Diet
Timepoint
24hours after operation
Method of measurement
Look and note

Secondary outcomes

1

Description
Abdominal Circumflex
Timepoint
Before and 12 and 24 hours after ceasarine
Method of measurement
Centimeter

Intervention groups

1

Description
Intervention group :20 drops of mint at 30 cc water and 3 times every 1 hour
Category
Treatment - Drugs

2

Description
Control group: 20 drops of placebo at 30 cc water and 3 times every 1 hour
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center

Imam Reza Hospital
Full name of responsible person
Dr. Hora Vahed
Street address
Department of Obstetrics and Gynecology, Imam Reza Hospital, Taghiabad Square
City
Mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Mashhad University of Medical Sciences
Full name of responsible person
Mahyar Mirheidari
Street address
Mashhad University of Medical Sciences; International Offic Administration Center (Qoreishi Building) ; Daneshgah St., Mashhad. Mashhad
City
Mashhad
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, Mashhad 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
Mashhad Medical University
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seyede hoora mosavi vahed
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Person responsible for updating data

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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