

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The comparison effect of ginger and peppermint inhalation on nausea and vomiting after post-operative Cholecystectomy

Protocol summary

Study aim

Determine the effect of inhalation of ginger extract with peppermint extract on postoperative nausea and vomiting of cholecystectomy

Design

Randomized clinical trial with parallel group design of 90 patients.

Settings and conduct

The aim of this study is determine the effect of inhalation of ginger extract with peppermint extract on postoperative nausea and vomiting of cholecystectomy at Besat hospital. Patients will be randomly divided into three groups. In the group of ginger and peppermint extract, the patients were intercepted with zipped bags containing 2 pads impregnated with 6 drops of ginger extract and peppermint extract, and in the placebo group, pads stained with 1 cc normal saline in zipper bags. Inhale the pads 3 times per minute through the nose and slowly exhale through the mouth. These interventions will continue for 5 minutes. Ten and 30 minutes after the intervention, the severity of nausea will be evaluated based on the VAS scale and 5-point likert scale.

Participants/Inclusion and exclusion criteria

Inclusion criteria: having nausea before the intervention; age over 18 years old; not sensitive to essential oils.

Exclusion criteria: discharge before the end of the intervention; vomiting without nausea before or during the intervention.

Intervention groups

In the group of ginger and peppermint extract, the patients were intercepted with zipped bags containing 2 pads impregnated with 6 drops of ginger extract and peppermint extract, and in the placebo group, pads stained with 1 cc normal saline in zipper bags. Inhale the pads 3 times per minute through the nose and slowly exhale through the mouth. These interventions will continue for 5 minutes.

Main outcome variables

Nausea and vomiting

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170123032129N4**

Registration date: **2018-02-11, 1396/11/22**

Registration timing: **registered_while_recruiting**

Last update: **2018-02-11, 1396/11/22**

Update count: **0**

Registration date

2018-02-11, 1396/11/22

Registrant information

Name

Azim Azizi

Name of organization / entity

Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 3838 0150

Email address

a.azizi@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-01-13, 1396/10/23

Expected recruitment end date

2019-01-13, 1397/10/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison effect of ginger and peppermint inhalation on nausea and vomiting after post-operative Cholecystectomy

Public title

Effect of ginger and peppermint inhalation on nausea and vomiting

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Age over 18 years old Having nausea before the intervention Not sensitive to essential oils

Exclusion criteria:

Discharge before the end of the intervention Vomiting without nausea before or during the intervention

Age

From **18 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

With simple randomization method, patients are randomly assigned to one of the three groups of ginger extract, peppermint extract and placebo.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Hamadan University of Medical Sciences

Street address

Shahid Fahmideh Street, Hamadan University of Medical Sciences, Hamadan

City

Hamadan

Province

Hamadan

Postal code

38698-65178

Approval date

2018-01-13, 1396/10/23

Ethics committee reference number

IR.UMSHA.REC.1396.668

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

Nausea and vomiting

ICD-10 code

R11

ICD-10 code description

Nausea and vomiting

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

nausea and vomiting

Timepoint

10 and 30 minutes after intervention

Method of measurement

visual analogue scale to measure severity of nausea

Secondary outcomes

empty

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

Intervention group: In the group of ginger and peppermint extract, the patients were intercepted with zipped bags containing 2 pads impregnated with 6 drops of ginger extract and peppermint extract. Inhale the pads 3 times per minute through the nose and slowly exhale through the mouth. These interventions will continue for 5 minutes.

Category

Treatment - Other

2**Description**

Control group: Pads stained with 1 cc normal saline in zipper bags and inhale the pads 3 times per minute through the nose and slowly exhale through the mouth. These interventions will continue for 5 minutes.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Besat hospital

Full name of responsible person

Azim Azizi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Saeed Bashirian

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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

Hamedan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Azim Azizi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no more information.

Study Protocol

Undecided - It is not yet known if there will be a plan to
make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to
make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to
make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to
make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to
make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to
make this available