Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effect of honey lemon solution on the improvement of sore throat after intubation among candidates for general anesthesia

Protocol summary

Study aim
Evaluation of the effect of honey and lemon juice solution on postoperative sore throat

Design
This study is a single blind clinical trial. In this study, 86 patients will be randomly divided into intervention and control groups.

Settings and conduct
This study will be conducted at the 22 Bahman hospital in Neyshabur. Patients will enter the study after checking the inclusion criteria and informed consent. Then Demographic information and anesthetic information questionnaire is completed by the Collaborative nurse. In this study, patients are randomly divided into intervention and control groups. This study is single blind in which the nurse collecting information from the patients has no information about the groups patients are belonged to.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Having Consent form, being satisfied the surgeon for swallowing of honey lemon juice solution , Candidate for general anesthesia and endotracheal intubation, The operating time is less than 6 hours, Age between 15 to 60, Ability to communicate and answer questions. Exclusion criteria: sensitivity to honey and lemon juice solution, having diabetes

Intervention groups
In the intervention group one hour after surgery and before intervention questionnaires about sore throat, cough and hoarseness will be completed. Then, after 6 hours of surgery, the patient will receive 30 cc of lemon juice and honey, Then After 12 and 24 hours after the intervention, the above mentioned questionnaires are completed. In the control group, normal saline will be used as a placebo.

Main outcome variables
In this study, postoperative sore throat, cough and hoarseness as a result of the study will be evaluated.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20150511022218N4**
Registration date: **2018-08-19, 1397/05/28**
Registration timing: **registered_while_recruiting**

Last update: **2018-08-19, 1397/05/28**
Update count: **0**

Registration date
2018-08-19, 1397/05/28

Registrant information

Name
Vahid Moeini Ghamchini

Name of organization / entity
Neyshabour University of Medical Sciences

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-07-16, 1397/04/25

Expected recruitment end date
2018-09-21, 1397/06/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of honey lemon solution on the improvement of sore throat after intubation among candidates for general anesthesia

Public title
The effect of honey lemon solution on postoperative sore throat
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Having Consent form Surgeon satisfaction for patient ti drink honey and lemon juice solution Candidate for general anesthesia and endotracheal intubation The operating time less than 6 hours Age between 15 to 60 years old Ability to communicate and answer the questions
Exclusion criteria:
Being allergic to honey and lemon juice solution Having diabetes
Age
From **15 years** old to **60 years** old
Gender
Both

Phase
3
Groups that have been masked

- Outcome assessor

Sample size
Target sample size: **86**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, sampling is easy and accessible . patients are randomly dividing into intervention and control groups. It should be noted that the study samples are randomly divided into two groups through block randomization.
Blinding (investigator's opinion)
Single blinded
Blinding description
This study is a single blind clinical trial in which the Nurse that helps researchers to fill out the questionnaire won't know the group patients are belong to.
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Neyshabur University of Medical Sciences
Street address
Neyshabur University of Medical Sciences
City
Neyshabur
Province
Razavi Khorasan
Postal code
6623451124
Approval date
2018-05-14, 1397/02/24
Ethics committee reference number
IR.NUMS.REC.1397.006

Health conditions studied

1

Description of health condition studied
postoperative sore throat
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
sore throat
Timepoint
One hour after surgery and before intervention, 12 and 24 hour after intervention
Method of measurement
Visual Analogue Scale(VAS)

Secondary outcomes

1

Description
Cough
Timepoint
One hour after surgery and before intervention, 12 and 24 hour after intervention
Method of measurement
questionnaire

2

Description
Hoarseness
Timepoint
One hour after surgery and before intervention, 12 and 24 hour after intervention
Method of measurement
questionnaire

Intervention groups

1

Description

Intervention group: In the intervention group one hour after surgery and before intervention questionnaires about sore throat, cough and hoarseness will be completed. Then, after 6 hours of surgery, the patient will receive 30 cc of lemon juice and honey. The reconstituted solution will be provided to patients with clear containers. Prescribed solution will also be given to the patients 2 and 4 hours after the first dose. In general, each patient will use the solution mentioned 3 times. The Honey was produced by Khomein Company with a health license number 15/11066. The lemon juice was produced by the Yek&Yek company with a health license number 36/10374. Then After 12 and 24 hours after the intervention, the above mentioned questionnaires are completed again.

Category

Prevention

2

Description

Control group: In the Control group one hour after surgery questionnaires about sore throat, cough and hoarseness will be completed. In the control group, patients at the same time with the intervention group will use saline as placebo. Then After 12 and 24 hours after the intervention, the above mentioned questionnaires are completed again.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

22 Bahman Neyshabur Hospital

Full name of responsible person

mohammadreza Aryaeefar

Street address

Neyshabur University of Medical Sciences

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neyshabur

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Neyshabour University of Medical Sciences

Full name of responsible person

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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

Neyshabour 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

Neyshabour University of Medical Sciences

Full name of responsible person

Mohammad Reza Aryaeefar

Position

Faculty member

Latest degree

Master

Other areas of specialty/work

Nursery

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Neyshabur University of Medical Sciences

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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
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
No - There is not a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available