

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effect of dehydration on retinal blood flow, An OCT based evaluation

Protocol summary

Study aim

The effect of dehydration on retinal blood flow by optical coherence tomography(OCT)

Design

Pragmatic, community based , Randomised , without control group , experimental (before-after) of 31patients

Settings and conduct

31 healthy volunteers from the general population aged over 50 will be asked to refrain from eating food and water for 12 hours after explaining about the design and obtaining informed consent. After this period, OCT angiography will be performed. Then, volunteers receive a standard serving of food and fluids (200 g of dry food including bread and cheese / 300 cc of fluid -> water + tea + milk), and again 2 hours later, the OCT will be performed in similar conditions and the results of the two measurements Will be compared.

Participants/Inclusion and exclusion criteria

Entrance conditions: age<50 , healthy participants without congenital disorders
Egress conditions: smokers , participants with congenital disorders

Intervention groups

participants should not eat and drink for 12 hours and after first measurement they should eat an standard meal

Main outcome variables

Dehydration does not reduce retinal blood flow.

General information

Reason for update

Acronym

OCT

IRCT registration information

IRCT registration number: **IRCT20190505043482N1**

Registration date: **2019-06-08, 1398/03/18**

Registration timing: **registered_while_recruiting**

Last update: **2019-06-08, 1398/03/18**

Update count: **0**

Registration date

2019-06-08, 1398/03/18

Registrant information

Name

Zahra Soltani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 41 3386 9781

Email address

zsoltani_311@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-06-08, 1398/03/18

Expected recruitment end date

2019-07-22, 1398/04/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of dehydration on retinal blood flow, An OCT based evaluation

Public title

Effect of dehydration on retinal blood flow

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria:

healthy volunteers without any basis disease age should be more than 50

Exclusion criteria:

smokers people with congenital disorders

Age
From **50 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **31**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Tabriz University of Medical Sciences

Street address
Nikookari Hospital., Abbasi Ave.

City
Tabriz

Province
West Azarbaijan

Postal code
5167914165

Approval date
2019-04-27, 1398/02/07

Ethics committee reference number
IR.TBZMED.REC.1398.102

Health conditions studied

1

Description of health condition studied

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

retinal blood flow

Timepoint

retinal blood flow measurement after 12 hours "not eating food and drinking" and 2 hours after eating and drinking an standard serving

Method of measurement

Optical Coherence Tomography

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Individuals should not eat and drink for 12 hours , then OCT angiography will done. After that participants will take an standard serving (200 gr food and 300 cc liquid) and after 2 hours another OCT angiography (in the same condition as past) will done and the results will compare.

Category

Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center
Nikukari Hospital

Full name of responsible person
Behzad Fallahi Motlaq

Street address
Nikukari Hospital., Abbasi Ave.

City
Tabriz

Province
West Azarbaijan

Postal code
5167914165

Phone
+98 41 3386 9781

Email
zsoltani_311@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tabriz University of Medical Sciences

Full name of responsible person
DR. Ata Mahmoodpour

Street address
Nikukari hospital, Abbasi Ave.

City
Tabriz

Province

West Azarbaijan
Postal code
 5167914165
Phone
 +98 41 3386 9781
Email
 zsoltani_311@yahoo.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
 Yes
Title of funding source
 Tabriz 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
 Tabriz University of Medical Sciences
Full name of responsible person
 Behzad Fallahi Motlaq
Position
 Professor
Latest degree
 Specialist
Other areas of specialty/work
 Ophthalmology
Street address
 Nikookari Hospital., Abbasi Ave.
City
 Tabriz
Province
 West Azarbaijan
Postal code
 5167914165
Phone
 +98 41 3386 9781
Email
 zsoltani_311@yahoo.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
 Tabriz University of Medical Sciences
Full name of responsible person
 Behzad Fallahi Motlaq
Position
 Professor

Latest degree
 Specialist
Other areas of specialty/work
 Ophthalmology
Street address
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City
 Tabriz
Province
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Email
 zsoltani_311@yahoo.com

Person responsible for updating data

Contact
Name of organization / entity
 Tabriz University of Medical Sciences
Full name of responsible person
 Behzad Fallahi Motlaq
Position
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Latest degree
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
 Undecided - It is not yet known if there will be a plan to make this available
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