

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Jun 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

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 updating data

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

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