

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jun 2026

Evaluation the effect of gum chewing on the return of bowel function in cesarean-delivery patients.

Protocol summary

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Summary

We study the effect of gum chewing on the return of bowel movements after elective cesarean section. In a randomized clinical trial, 100 patients (from Rohani hospital, Bobol, Iran), who are candidates for cesarean section, are randomly and equally allocated to chewing gum or control groups after the operation. The patients in the gum-chewing group chew gum 3 times daily, each time for 15 minutes as soon as they become conscious till the time they pass flatus or defecate. Control group only receive after operation care. The first time to flatus passage, defecation, hearing of bowel sound and sensation of bowel movement are compared between groups.

Recruitment status

Recruitment complete

Funding source

Babol university of medical sciences

Expected recruitment start date

2010-06-06, 1389/03/16

Expected recruitment end date

2011-03-20, 1389/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201008093902N2**

Registration date: **2011-03-06, 1389/12/15**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2011-03-06, 1389/12/15

Registrant information

Name

Farideh Mohsenzadeh

Name of organization / entity

Babol university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 11 1229 8582

Email address

Scientific title

Evaluation the effect of gum chewing on the return of bowel function in cesarean-delivery patients.

Public title

The effect of gum chewing on the return of bowel function in cesarean-delivery patients.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: consent, uncomplicated term singleton pregnancies undergoing a planned caesarean section performed under spinal anaesthesia and by an gynecologist, transverse (horizontal) incision, at least NPO for 8 hours before surgery, receiving maximum four doses of antibiotic prophylaxis. Exclusion criteria: History of abdominal surgery, preeclampsia, diabetes, heart disease, postoperative complications such as uterine atonia, intra operative complications such as severe adhesions and blood transfusion during surgery, surgery lasted more than 60 minutes, receiving magnesium sulfate, history of malignancy, obstructive or inflammatory bowel diseases and injuries, excessive bowel manipulation, inability to chew gum.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Babol university of medical sciences

Street address

Babol university of medical sciences

City

Babol

Postal code

4713838149

Approval date

2010-04-14, 1389/01/25

Ethics committee reference number

30/111

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

Ileus

ICD-10 code

K56.0

ICD-10 code description

Paralytic ileus

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

Gas passing

Timepoint

Every hour

Method of measurement

Asking from patients

2**Description**

Hearing bowel sound

Timepoint

Every hour

Method of measurement

stethoscope

3**Description**

Flatus passing

Timepoint

Every hour

Method of measurement

Asking from patients

4**Description**

Sensation of bowel movement

Timepoint

Every hour

Method of measurement

Asking from patients

5**Description**

Sensation of hunger

Timepoint

Every hour

Method of measurement

Asking from patients

Secondary outcomes

empty

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

Group A chewed sugarless gum for 15 minutes 3 times per day as soon as they recovered from anesthesia till they passed flatus or defecated

Category

Prevention

2**Description**

Control group: Routine post-op care

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Babol university of medical sciences (Rohani hospital)

Full name of responsible person

Farideh mohsenzadeh

Street address

Babol university of medical sciences

City

Babol

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Babol university of medical sciences

Full name of responsible person

Amrollah Mostafazadeh

Street address

Babol university of medical sciences

City

Babol

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Babol 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

Babol university of medical sciences

Full name of responsible person

Shanaz Barat

Position

Obstetric & Gynecologist/faculty member

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Person responsible for scientific inquiries

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Full name of responsible person

Farideh Mohsenzadeh

Position

Midwifery msc/faculty member

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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