Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

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

Protocol summary

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.

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

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Name of organization / entity

Babol university of medical sciences

Country

Iran (Islamic Republic of)

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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

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
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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
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
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Shanaz Barat
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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