Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The Effect Of Egg white On control of Phosphorus in Dialysis Patients

Protocol summary

Study aim

Effect of egg white on phosphorus and nutritional and inflammatory factors in hemodialysis patients .

Design

.prospective randomized, non-blinded, interventional study

Settings and conduct

The plan is for all participants who have undergone hemodialysis for at least three months and their phosphorus level is above 5.5mg/dl, it will be explained and the consents of the project participant will be received by all of them then be asked to list their daily diets for 4 weeks on a daily checklist as well as height, weight, and albumin, phosphorus and cholesterol tests, and dialysis adequacy before beginning the egg whites will enter to the checklist. The type and amount of phosphorus lowering drugs used and dialysis type and duration of dialysis will be recorded. Then participants will be randomly divided based on positioning table of numbers, patients with even number were case group and patients with odd numbers were control group. The case group is exposed to an egg white diet. Then at the end of the fourth and eighth week, these patients will have their blood levels of phosphorus and albumin and cholesterol and any changes in the weight and amount of medication used to be recorded in the final checklist.

Participants/Inclusion and exclusion criteria

Entry criteria : 1- Patients who have undergone hemodialysis for at least three months. 2- Their phosphorus content is above 5.5mg/dl. Exclusion criteria: 1- Egg allergy

Intervention groups

the case group is exposed to an egg white diet regime for eight weeks as a meal at home from a white-tailed egg pack (Telavang Brand) containing six egg whites with 96 calories and 24 grams of protein before beginning the egg whites diet regime and at the end of the fourth and eighth week information will enter to the checklist .

Main outcome variables

Decrease in average phosphorus and increase in albumin and decrease in cholesterol

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190701044061N1**
Registration date: **2019-12-14, 1398/09/23**
Registration timing: **registered_while_recruiting**

Last update: **2019-12-14, 1398/09/23**
Update count: **0**

Registration date

2019-12-14, 1398/09/23

Registrant information

Name

Najmeh Shamspour

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 3121 7243

Email address

n.shamspour@kum.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-23, 1398/05/01

Expected recruitment end date

2020-01-21, 1398/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The Effect Of Egg white On control of Phosphorus in Dialysis Patients

Public title
The Effect Of Egg White On Control of Phosphorus in Dialysis Patients
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Patients who have been at least three months since the start of hemodialysis Patients with high phosphorus levels 5.5 mg/dl
Exclusion criteria:
Egg allergy
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **130**
Randomization (investigator's opinion)
Not randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Crossover
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Kerman University of Medical Sciences
Street address
Kerman intersection of Tahmasb Abad at the beginning of Jehad Boulevard at the beginning of Ibn Sina Stree
City
Kerman
Province
Kerman
Postal code
7619813156
Approval date
2019-12-13, 1398/09/22
Ethics committee reference number
IR.KMU.AH.REC.1398.027

Health conditions studied

1

Description of health condition studied
phosphorus control in dialysis patients
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
phosphorus
Timepoint
before and after egg white diet in hemodialysis patients at the end of week 4 and 8
Method of measurement
blood level

Secondary outcomes

1

Description
Albumin
Timepoint
before and after receiving of egg white diet in hemodialysis patients at the end of week 4 and 8
Method of measurement
Blood level

Intervention groups

1

Description
Intervention group: case group is exposed to an egg white diet regime for eight weeks as a meal every other day at home from a white-tailed egg pack (Telavang Brand) containing six egg whites with 96 calories and 24 grams of protein
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Shafa hospital
Full name of responsible person
Najmeh Shamspour
Street address
Shafa Ave . Kerman Town
City

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7618751151
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kerman University of Medical Sciences
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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
Kerman 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
Kerman University of Medical Sciences
Full name of responsible person
Najmeh Shamspour
Position
Assistant Professor
Latest degree
Subspecialist
Other areas of specialty/work
Internal Medicine
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Person responsible for scientific inquiries

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Subspecialist
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Person responsible for updating data

Contact
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Latest degree
Subspecialist
Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is 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
Yes - There is 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
Title and more details about the data/document
Primary outcomes: Decrease in average phosphorus and increase in albumin and decrease in cholesterol
When the data will become available and for how long
Six months after the results were published
To whom data/document is available
Researchers working in academic institutions
Under which criteria data/document could be used
Use in cited research work
From where data/document is obtainable
Najmeh Shamspour Shafa Ave .Shafa hospital .Kerman nshamspour@yahoo.com
What processes are involved for a request to access data/document
An email is requested and how to use it, and verification is sent within one week
Comments