

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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 Jihad 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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
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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 updating data

Contact

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Phone

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Email

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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