

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Comparative study on the effect of brushing with traditional wooden toothbrush and drinking coffee on the duration of postoperative ileus and duration of hospitalization in patients undergoing elective gastrointestinal surgery

Protocol summary

Study aim

The effect of brushing with a wooden toothbrush and coffee on the duration of ileus after gastrointestinal surgery

Design

Clinical trial with control group, with parallel groups, without blinding, randomized, Excel software rand function was used for randomization.

Settings and conduct

Patients will be divided into three groups of wooden toothbrush, coffee and control by permutation blocks with a size of 6 by 11 blocks. Patients will undergo elective gastrointestinal surgery after providing information and obtaining informed consent. In all three groups of patients, according to the clinical condition of each patient, standard postoperative ileus treatments will be performed. The wooden toothbrush group will use the traditional wooden toothbrush twice a day (morning and night) for 5 minutes from the morning after the operation. Patients in the coffee group will also receive 100 ml of bitter coffee 3 times a day (morning, noon and night) from the morning after surgery. The control and wooden toothbrush groups will drink 100 ml of water 3 times a day from the morning after the operation. Treatment is given to each patient until the end of the ileus symptoms. The researcher will be informed about the time of the first gas excretion and the time of the patient's first stool. The study is performed in Amin Hospital of Isfahan.

Participants/Inclusion and exclusion criteria

Admission requirements: Patients undergoing elective gastrointestinal surgery. Conditions for not entering the study: History of underlying diseases and inflammatory bowel diseases and allergies to coffee.

Intervention groups

The study consists of three groups of 22 people and

starts in the morning after surgery for one group of toothbrushes, for one group of coffee and for the control group the standard treatment of ileus.

Main outcome variables

Change in ileus duration, change in hospital stay

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20211025052864N1**

Registration date: **2021-11-21, 1400/08/30**

Registration timing: **registered_while_recruiting**

Last update: **2021-11-21, 1400/08/30**

Update count: **0**

Registration date

2021-11-21, 1400/08/30

Registrant information

Name

Ebrahim Esfandiari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3792 9501

Email address

esfandiari@med.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-11-06, 1400/08/15

Expected recruitment end date

2021-12-06, 1400/09/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative study on the effect of brushing with traditional wooden toothbrush and drinking coffee on the duration of postoperative ileus and duration of hospitalization in patients undergoing elective gastrointestinal surgery

Public title

Comparative effect of wooden toothbrush and coffee on ileus after surgery

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Elective gastrointestinal surgery

Exclusion criteria:**Age**

From **18 years** old to **80 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **66**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization, permutation blocks Patients will be divided into three groups of toothbrush stick, coffee and control by permutation blocks with a size of 6 by 11 blocks.

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**

Ethics Committee of Isfahan University of Medical

Sciences

Street address

Department of Anatomy, School of Medicine, Isfahan University of Medical Sciences, Hezar Jerib St., Isfahan

City

Isfahan

Province

Isfahan

Postal code

81746-73461

Approval date

2021-10-13, 1400/07/21

Ethics committee reference number

IR.MUI.MED.REC.1400.578

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

ileus

ICD-10 code

K56.7

ICD-10 code description

ileus, unspecified

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

The first time to expel gas or feces

Timepoint

No specific timing

Method of measurement

Patient report

Secondary outcomes

empty

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

First intervention group: wooden Toothbrush group: Patients will use traditional wooden toothbrush twice a day (morning and night) for 5 minutes from the morning after surgery. The required wooden toothbrush will all be provided from the same type.

Category

Other

2**Description**

Intervention group: Coffee group: Patients will receive 100 ml of bitter coffee 3 times a day (morning, afternoon and evening) from the morning after surgery. Coffee is made using simple instant coffee powder and all patients will use the same brand and company of coffee unit.

Category

Other

3**Description**

Control group: For this group, the usual standard ileus treatment is performed and they receive 100 cc of oral water 3 times a day.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Amin hospital

Full name of responsible person

Ebrahim esfandiari

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Esfahan 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?**

No

Title of funding source

Isfahan 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**

Esfahan University of Medical Sciences

Full name of responsible person

Ebrahim esfandiari

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Anatomy

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Esfahan University of Medical Sciences

Full name of responsible person

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Person responsible for updating data**Contact****Name of organization / entity**

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Web page address<https://scholar.google.com/citations?user=cASPvvAAA>

AAJ

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

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All data can be shared

When the data will become available and for how long

After printing the results

To whom data/document is available

Everyone

Under which criteria data/document could be used

To treat patients

From where data/document is obtainableDr. Ebrahim Esfandiari Contact phone: 03137929105
Address: Isfahan, Hezar Jerib St., Isfahan University of
Medical Sciences, School of Medicine, Department of
Anatomy Postal Code: 81746-73461**What processes are involved for a request to access data/document**Upon submission of the request from the project
manager, the documents will reach him within a
maximum of two days**Comments**