

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of green tea on treatment of uncomplicated urinary tract infection

Protocol summary

Summary

The effect of green tea on treatment of uncomplicated urinary tract infection. The aim of this study is to evaluate the effect of green tea on treatment of uncomplicated urinary tract infection. This study is a randomized double blind clinical trial is performed on 90 patients. the inclusion criteria are women with uncomplicated urinary tract infection that receive cotrimaxazole concurrently and 18 to 50 years old. The exclusion criteria are pregnancy, HIV infection, diabetes and other infections. Patients divide in intervention and control group. Both of groups receive co-trimaxazole 480 mg twice daily for 3 days. In intervention group, participants receive green tea as one capsule, daily for three days. In control group one capsule of starch is given daily for three days. The urine culture and analysis is done on day 0 and 4. Patients complete a questionnaire about their urinary symptoms such as dysuria, frequent urination, suprapubic pain, and hematuria every day during this 3 days period.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201506156026N3**

Registration date: **2015-07-07, 1394/04/16**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-07-07, 1394/04/16

Registrant information

Name

Fatemeh Dabaghzadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Iranian national elites' organization

Expected recruitment start date

2015-11-06, 1394/08/15

Expected recruitment end date

2016-11-05, 1395/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of green tea on treatment of uncomplicated urinary tract infection

Public title

A clinical trial to evaluate the effect of green tea in comparison with placebo on treatment of uncomplicated urinary tract infection in women by using urine culture and symptoms of disease

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age 18- 55 years old; women with uncomplicated urinary tract infection that receive cotrimaxazole concurrently
Exclusion Criteria:
Pregnancy; HIV positive; Diabetes; Other infections

Age

From **18 years** old to **50 years** old

Gender

Female

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: 90

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features
Block randomization

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Keram University of Medical Sciences

Street address

Ethics committee of Keram University of Medical Sciences, Tahmasb abad Ave, Kerman, Iran

City

Kerman

Postal code

Approval date

2014-12-08, 1393/09/17

Ethics committee reference number

92/627/5

Health conditions studied

1

Description of health condition studied

Acute cystitis

ICD-10 code

N30.0

ICD-10 code description

Acute cystitis

Primary outcomes

1

Description

Urinary tract infection symptoms such as dysuria, frequent urination, suprapubic pain, and hematuria

Timepoint

Daily for three days

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Urine culture

Timepoint

Day 0 and 4

Method of measurement

Cultured pathogen

Intervention groups

1

Description

In intervention group, participants receive green tea as one capsule daily for three days. They receive co-trimoxazole 480 mg twice daily for 3 days concurrently. Each capsule contains the freeze dried extract of Iranian green tea. That equates to approximately 150 mg of EGC per capsule. HPLC is used to determine the amount of EGC per gram of green tea.

Category

Treatment - Drugs

2

Description

In control group one capsule of starch is given daily for three days. They receive co-trimoxazole 480 mg twice daily for 3 days concurrently.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Besat clinic

Full name of responsible person

Farhad Sarafzadeh

Street address

Besat clinic, Tahmasb abad Ave, Kerman, Iran

City

Kerman

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Kerman University of

Medical Sciences
Full name of responsible person
 Miz. Hasani
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 Vice Chancellor for research of Kerman University of
 Medical Sciences, Tahmasb abad Ave, Kerman, Iran
City
 Kerman
Grant name
 -
Grant code / Reference number
 -
**Is the source of funding the same sponsor
 organization/entity?**
 Yes
Title of funding source
 Vice Chancellor for research of Kerman 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
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Full name of responsible person
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Position
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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