Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effect of dates fruit on the amount and duration of postpartum hemorrhage

Protocol summary

Summary

The aim of this study was determine the effect of consumption of date fruit on the amount and duration of the postpartum bleeding done on 100 women in Omolbanin hospital Mashhad. This study is a phase 2 clinical trial. Inclusion criteria: singleton pregnancy; vertex presentation; vaginal delivery without the use of Vacuum and forceps; lack of laceration of fetus membranes before 12 hours ;no history for medical diseases and side-effects of pregnancy and breastfeeding less than one hour after delivery. Exclusion criteria: mother quit the participation in the study; consuming less than 50 g dates daily; no completion the Pictorial form; intense postpartum bleeding that needs medicine to be cured. This study lasted from july, 11,201 5 to October, 11, 2015. 2 hours after the delivery, the mother was given 100 gr dates that she was supposed to eat in two hours and she was asked to eat 10 dates daily with her breakfast and also to each mother was given 3 pads of tampon and she was asked to tick the form after each daily changing. The control group was given only 3 pads of tampon. Finally the amount and duration of bleeding in two groups were measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201503116807N16**
Registration date: **2015-12-05, 1394/09/14**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-12-05, 1394/09/14

Registrant information

Name
Sedigheh Amir Ali Akbari
Name of organization / entity
Shahid Beheshti University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2015-07-02, 1394/04/11

Expected recruitment end date

2015-10-03, 1394/07/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of dates fruit on the amount and duration of postpartum hemorrhage

Public title

Dates effect on bleeding

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age: 18-35 years old; mother must at least have elementary education; mother is inhabited in Mashhad; BMI: 20-29;no history for medical diseases and side-effects of pregnancy; weight of the fetus:

2500-4000; term pregnancy (gestational age 37 to 42 weeks); singleton pregnancy; breastfeeding less than one hour after delivery; vertex presentation; normal amniotic fluid volume; lack of laceration of fetus membranes before 12 hours; vaginal delivery without using vacuum or forceps; lack of intense post partum bleeding after the delivery. Exclusion criteria: mother quit the participating in the study; admittance to a hospital for the mother or the infant after the delivery; consuming less than 50 g dates daily; no completion the Pictorial form; intense bleeding that needs medicine to be cured.

Age
From **18 years** old to **35 years** old

Gender
Female

Phase
2

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
Ethics committee of Shahid Beheshti University of Medical Science

Street address
Shahid Beheshti University of Medical Sciences،Velenjak St، Shahid Chamran Highway، Tehran، Iran

City
Tehran

Postal code
1985717443

Approval date
2015-06-06, 1394/03/16

Ethics committee reference number
SBMU.REC.1394.47

Health conditions studied

1

Description of health condition studied
postpartum bleeding

ICD-10 code
O72.2

ICD-10 code description
Delayed and secondary postpartum haemorrhage

Primary outcomes

1

Description
a mount of bleeding

Timepoint
10 days after delivery

Method of measurement
Pictorial form

Secondary outcomes

empty

Intervention groups

1

Description
The intervention group: the mother should eat 100 g dates during her breakfast and at most in 2 hours for 10 days and also to each mother was given 3 pads of tampon to use and then tick it in the pictorial form.

Category
Prevention

2

Description
The control group of was just given 3 pads of tampon and the Pictorial form.

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Ommolbanin Hospital

Full name of responsible person
Zahra Yadegari

Street address
No 6, Tehran Ave، Imam Reza Street، Mashhad، Iran

City
Mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for research of Shahid Beheshti University of Medical Sciences
Full name of responsible person
Mrs Mahrokh Dolatian
Street address
Shahid Beheshti University of Medical Sciences،Velenjak St، Shahid Chamran Highway، Tehran، Iran
City
Tehran
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 Shahid Beheshti 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
Shahid Beheshti University of Medical Sciences
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Position
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Web page address

Person responsible for updating data

Contact

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