

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 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

Country

Iran (Islamic Republic of)

Phone

+98 21 2272 9240

Email address

akbarisedd@sbmu.ac.ir

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

Full name of responsible person

Mrs Sedigheh Amir Ali Akbari

Position

Academic Faculty Member

Other areas of specialty/work

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**Person responsible for scientific
inquiries**

Contact

Name of organization / entity

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Full name of responsible person

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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