

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

Comparing the effect of dried plums (prunes) with magnesium hydroxide on the constipation management of cerebrovascular accident patients hospitalized in intensive care unit.

Protocol summary

Summary

1) Aims: Comparison of the Effect of Dried plums and Magnesium Hydroxide on Constipation in Patients with Stroke Admitted to the Intensive Care Unit 2) Design: A total of 30 patients with stroke admitted to intensive care unit with constipation and nasogastric tube are randomly divided into two groups. The intervention group receives Dried plums . And the control group was magnesium hydroxide. 3) How to do. Through the stomach catheter 4) inclusion criteria: patients over 18 years of age, stroke , having a stomach catheter, constipation, not having diabetes, not having allergy to plum not having thyroid disease and neuromuscular diseases. Exclusion criteria: natural stool, diarrhea, patient death, discharge. 5) intervention; : The researcher put 50 grams of plum for 24 hours at 170 cc of water , Then, it is softened and bypassing the filter and in the form of syrup (200 cc volume) from the third day onwards if there is constipation, for two days, twice a day at 8 and 20 o'clock the patient is gavaged. In the second group, which is the control group, 30 cc of magnesium hydroxide with 170 cc of water is bubbled twice a day at 8 and 20 o'clock the patient is gavaged. 6) Main outcome variables: Primary outcome: Frequency stool and Secondary outcome: Fecal Consistency of Patients

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201709107494N26**
Registration date: **2017-11-07, 1396/08/16**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-11-07, 1396/08/16

Registrant information

Name

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Name of organization / entity

Mazandaran University of Medical Sciences

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research Mazandaran University of Medical Sciences

Expected recruitment start date

2017-11-22, 1396/09/01

Expected recruitment end date

2018-04-20, 1397/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of dried plums (prunes) with magnesium hydroxide on the constipation management of cerebrovascular accident patients hospitalized in intensive care unit.

Public title

effect of dried plums on the constipation of cerebrovascular accident patients

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria; includes all patients over 18 years of age who are admitted to the specialty because of stroke and have nasal catheter and constipated. It also includes no diabetes, no history of surgery, diseases and gastrointestinal tract ulcers, no history of chronic constipation, no use of effective drugs on intestinal movements, no history of plague allergy, no history of thyroid disease and neuromuscular diseases. Exclusion criteria: natural stool, diarrhea, patient death, discharge.

Age

From 18 years old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 30

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single 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 Mazandaran University of Medical Sciences

Street address

Mazandaran University of Medical Sciences, Vice chancellor for research, Moalem street, Moalem square, Sari, Mazandaran, Iran

City

sari

Postal code

4816715793

Approval date

2017-09-21, 1396/06/30

Ethics committee reference number

IR.MAZUMS.REC.96-10283

Health conditions studied

1

Description of health condition studied

Constipation

ICD-10 code

K59.0

ICD-10 code description

Constipation

Primary outcomes

1

Description

Frequent bowel movements

Timepoint

1 day before intervention and day(s) after of intervention

Method of measurement

number

Secondary outcomes

1

Description

consolidation stool

Timepoint

1 day before intervention and day(s) after of intervention

Method of measurement

bristol scale

Intervention groups

1

Description

Intervention group: Fifty grams of dried plums are soaked in 170 cc of water for 24 hours and the nucleus is removed. Then, with a blender, make it soft and pass through the filter and in the form of a syrup (volume 200 cc) from the third day onwards if constipation or stool is present for two days, twice a day at eight o'clock in the morning And eight nights will be given.

Category

Treatment - Other

2

Description

Control group: 30 cc magnesium hydroxide of Alborz Company with a registration number (1228033896) with 170 cc of water from the third day after being admitted in case of constipation or stool for two days, twice a day at eight o'clock in the morning and eight Night will be given.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

boali sina hospital

Full name of responsible person

Dr Masoumeh Bagheri- Nesami

Street address

boali sina hospital

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Mazandaran University of Medical Sciences, three-way Joibar, highway Basij, Imam square, Sari, Mazandaran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research Mazandaran University of Medical Sciences, Moalem Street, Moale

Full name of responsible person

Dr Ahmad Ali Enayeti

Street address

Vice Chancellor for research Mazandaran University of Medical Sciences, Moalem Street, Moalem Square, Sari, Iran

City

sari

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 Mazandaran University of Medical Sciences, Moalem Street, Moale

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

Mazandaran University of Medical Sciences

Full name of responsible person

Dr Masumeh Bagheri Nesami

Position

PHD/ faculty member

Other areas of specialty/work

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Position

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Other areas of specialty/work

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Email

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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