Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Evaluation early versus delayed oral feeding on patients undergoing elective colon resection

Protocol summary

Study aim
Evaluation early vs delay staring nutrition after colon resection and anastomosis
Design
50 patients will be selected randomly into two groups from patients undergoing colon resection and anatomists. This is singled blind clinical trial.
Settings and conduct
Patients in control group will be fasted for 4-5 days and afterward liquid diet will be started and gradually changed to normal diet. in case of negative signs or symptoms of intolerance (Lack of illus) to diet it will be started with normal diet after 48 hours. Patients will be discharged at day 4.
Participants/Inclusion and exclusion criteria
Inclusion criteria: Colon resection and anastomosis
Exclusion criteria: diabeties, immunosuppression and corticosteroid, , hypothyroidism,history of radiotherapy, previous colostomy.
Intervention groups
Early oral feeding will be started after 24 hours in the main group and in case of negative signs or symptoms of intolerance (Lack of illus) to diet it will be started with normal diet after 48 hours. Patients will be discharged at day 4.
Main outcome variables
Nausea and Vomiting Defecation Illus

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20111211008375N15**
Registration date: **2018-05-31, 1397/03/10**
Registration timing: **registered_while_recruiting**

Last update: **2018-05-31, 1397/03/10**
Update count: **0**
Registration date
2018-05-31, 1397/03/10

Registrant information
Name
Seyed Amirkazem Vejdan
Name of organization / entity
Birjand 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

Expected recruitment start date
2017-12-22, 1396/10/01
Expected recruitment end date
2018-12-22, 1397/10/01
Actual recruitment start date
2018-04-04, 1397/01/15
Actual recruitment end date
2018-07-06, 1397/04/15
Trial completion date
empty

Scientific title
Evaluation early versus delayed oral feeding on patients undergoing elective colon resection

Public title
Evaluation early versus delayed oral feeding on patients undergoing elective colon resection
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:

Patients undergoing colon resection and anastomosis

Exclusion criteria:

diabetic patient Patients with immunosuppressive and corticosteroid users Patients with Psychiatric Problems Hypothyroid patients Patients who have undergone another anasomoses besides anastomosis of the colon Patients undergoing total collectomy Patients with a history of radiotherapy Patients who have colostomy been protected

Age

From **20 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **50**

Actual sample size reached: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

This study will be performed using balanced block randomization ratio 1:1 by personal unit.

Blinding (investigator's opinion)

Single blinded

Blinding description

This study was administered as a single blinded study to prevent bias for the participants.since there was not any other surgeons in the study center there was no possibility for constructing to double blindness.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethical committee ofbirjand university of medical science.

Street address

Ghaffari St

City

Birjand

Province

South Khorasan

Postal code

۹۷۱۷۸۵۳۵۷۷

Approval date

2017-02-12, 1395/11/24

Ethics committee reference number

Ir.bums.REC.1396.284

Health conditions studied

1

Description of health condition studied

Early and late feeding

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

nausea and vomiting

Timepoint

Every 4 hours until clearance

Method of measurement

the information gathered from the patients

2

Description

defecation

Timepoint

The patients first defecation after surgery

Method of measurement

The information gathered from the patients

3

Description

illeus

Timepoint

Every 4 hours until clearance

Method of measurement

Physical examination

Secondary outcomes

empty

Intervention groups

1

Description

Early oral feeding will be started after 24 hours in the main group and in case of negative signs or symptoms of intolerance (Lack of illus) to diet it will be started with normal diet after 48 hours. Patients will be discharged at day 4.

Category

Treatment - Other

2

Description

Patients will be fasted for 4-5 days and afterward liquid

diet will be started and gradually changed to normal diet. in case of negative signs or symptoms of intolerance (Lack of illus) to diet it will be started with normal diet after 48 hours. Patients will be discharged at day 4.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Emam Reza Hospital

Full name of responsible person

Seyyed AmirKazem Vejdan

Street address

Taleghani street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Birjand 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

Birjand 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

Birjand University of Medical Sciences

Full name of responsible person

دانشگاه علوم پزشکی بیرجند

Position

Specialist in general surgery, Associate professor

Latest degree

Specialist

Other areas of specialty/work

General Surgery

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Person responsible for scientific inquiries

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Position

Specialist in general surgery, Associate professor

Latest degree

Specialist

Other areas of specialty/work

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Person responsible for updating data

Contact

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Full name of responsible person
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
the study was single blinded and the information is decided to remain hidden.

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available