

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

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

Protocol summary

Study aim

Evaluation early vs delay starting nutrition after colon resection and anastomosis

Design

50 patients will be selected randomly into two groups from patients undergoing colon resection and anastomosis. This is a single-blind clinical trial.

Settings and conduct

Patients in the control group will be fasted for 4-5 days and afterward a liquid diet will be started and gradually changed to normal diet. In case of negative signs or symptoms of intolerance (Lack of interest) 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: diabetes, 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 interest) 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 Illness

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 Vejdani

Name of organization / entity

Birjand University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 56 3222 2300

Email address

vejdani_sa@bums.ac.ir

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 colectomy 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

9۷۱۷۸۵۳۵۷۷

Approval date

2017-02-12, 1395/11/24

Ethics committee reference number

lr.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

ileus

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 illu) 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 Vejdani

Street address

Taleghani street

City

Birjand

Province

South Khorasan

Postal code

9714811151

Phone

+98 56 3222 2300

Email

vejdani_sa@bums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Dr Tuba Kazemi

Street address

Ghaffari Street , Birjand University of Medical Sciences

City

Birjand

Province

South Khorasan

Postal code

9714811151

Phone

+98 56 3244 0388

Email

drtooba.kazemi@gmail.com

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

Street address

Imam Reza hospital

City

Birjand

Province

South Khorasan

Postal code

9714811151

Phone

+98 56 3222 2300

Email

vejdani_sa@bums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Dr Amir Kazem Vejdani

Position

Specialist in general surgery, Associate professor

Latest degree

Specialist

Other areas of specialty/work

General Surgery

Street address

Taleghani St

City

Birjand

Province

South Khorasan

Postal code

9714811151

Phone

+98 56 3222 2300

Email

vejdani_sa@bums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Azin seifi

Position

Medical student

Latest degree

Medical doctor

Other areas of specialty/work

General Surgery

Street address

No.31, saa'di 3 St, Moallem Blvd, خیابان سعدی،

بلوار معلم، 31 پلاک 31

City

Birjand

Province

South Khorasan

Postal code

9714811151

Phone

+98 56 3243 3872

Email

seifi.azin@yahoo.com

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