

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effect of early post cesarean feeding on wound healing

#### Protocol summary

##### Summary

Background and purpose: wound complication is a main problem after cesarean section. Insufficient nutrition delay wound healing because decrease saved energy of body and provide conditions of infection. If nutrition be enough and suitable, body receive most of material and wound healing happen soon. There are a few papers about this problem and they have reported different results. So the aim of this paper was to detect: The effect of early post cesarean feeding on wound healing. Materials and Methods: This study was a controlled trial. The research population was women delivered by cesarean section in Ommolbanin hospital, Mashhad, Iran. The samples consist of 82 women randomly assigned in two groups of study and control. The study group started oral fluids 4 hours after surgery, followed by regular diet after return of bowel sounds. The control group started oral fluids 12 hours after surgery then oral solid food was allowed after defecation. The groups were compared about wound healing after 10 days by Reeda scale.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201202159020N1**

Registration date: **2012-03-15, 1390/12/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2012-03-15, 1390/12/25

##### Registrant information

##### Name

Mohadese Adeli

##### Name of organization / entity

Mashhad University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 1759 1344

##### Email address

vahid13600201@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

Mashhad university of medical sciences

##### Expected recruitment start date

2009-03-21, 1388/01/01

##### Expected recruitment end date

2009-10-22, 1388/07/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of early post cesarean feeding on wound healing

##### Public title

Post cesarean feeding

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: prior education; singleton pregnancy with gestational age 38-42 weeks; elective cesarean after one previous cesarean; general anesthesia; transverse incision; stable vital signs. Exclusion criteria: history of bowel surgery; fetal anomaly; maternal disease; intraoperative or immediate postoperative major complications; smoking and addiction.

##### Age

No age limit

##### Gender

Female

## Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 82

## 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

Mashhad University of Medical Sciences

##### Street address

University street

##### City

Mashhad

##### Postal code

#### Approval date

2009-05-05, 1388/02/15

#### Ethics committee reference number

87860

## Health conditions studied

### 1

#### Description of health condition studied

cesarean

#### ICD-10 code

O86.0

#### ICD-10 code description

Infection of obstetric surgical wound

### 2

#### Description of health condition studied

cesarean

#### ICD-10 code

O25

#### ICD-10 code description

Malnutrition in pregnancy

## Primary outcomes

### 1

#### Description

Cesarean wound healing

#### Timepoint

ten days after cesarean

#### Method of measurement

Reeda scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

The study group started oral fluids 4 hours after surgery, followed by regular diet after return of bowel sounds.

#### Category

Prevention

### 2

#### Description

The control group started oral fluids 12 hours after surgery then oral solid food was allowed after defecation.

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Ommolbanin hospital

##### Full name of responsible person

##### Street address

##### City

Mashhad

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Mashhad University of Medical Sciences

##### Full name of responsible person

Dr Afzalaghayy

##### Street address

Daneshgah st.

##### City

Mashhad

#### Grant name

#### Grant code / Reference number

#### Is the source of funding the same sponsor organization/entity?

Yes

#### Title of funding source

Mashhad 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**  
Mashhad University of Medical Sciences  
**Full name of responsible person**  
Dr Fatemeh Tara  
**Position**  
Specialist in obstetric and gynecology  
**Other areas of specialty/work**  
**Street address**  
Ommolbanin hospital  
**City**  
Mashhad  
**Postal code**  
**Phone**  
**Fax**  
**Email**  
taraf@mums.ac.ir  
**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Nursing college, Mashhad University of Medical Sciences  
**Full name of responsible person**  
Mohadese Adeli  
**Position**  
Master of midwifery  
**Other areas of specialty/work**  
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Nursing college, Mashhad University of Medical Sciences  
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+98 51 1759 1344  
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m\_a\_31661@yahoo.com  
**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*