

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 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

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Email address

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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 Afzalaghay

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
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Specialist in obstetric and genicology
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Person responsible for scientific inquiries

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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