Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of the Effect of Kefir Drinks with Milk on Decreased Liver Activity in Cardiac Scan

Protocol summary

Study aim
Effect of kefir drink on hepatic activity discharge
Design
The clinical trial , has a control group. with a parallel and randomized group
Settings and conduct
The design is done in the Nuclear Medicine Department of Imam Ali Hospital in Kermanshah hospital's nuclear medicine , where the population is divided into two groups, fed to one group according to the usual routine of milking and kefir to the other group. We are not aware of the intervention.
Participants/Inclusion and exclusion criteria
Inclusion criteria: All patients with a technetium-based heart scan are eligible to participate. Exclusion criteria: People with a history of fatty liver or gall bladder.
Intervention groups
The study group is divided into two groups: one group consumes 250 ml of kefir 20 minutes after the injection of the radioactive drug and the second group receives 250 ml of milk as usual.
Main outcome variables
Activity under diaphragm Hepatic activity

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20200104046005N1**
Registration date: **2020-01-29, 1398/11/09**
Registration timing: **registered_while_recruiting**

Last update: **2020-01-29, 1398/11/09**
Update count: **0**
Registration date
2020-01-29, 1398/11/09

Registrant information
Name
Simin Pirzadeh
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2020-01-20, 1398/10/30
Expected recruitment end date
2020-07-20, 1399/04/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparison of the Effect of Kefir Drinks with Milk on Decreased Liver Activity in Cardiac Scan

Public title
Effect of kefir on reducing liver activity
Purpose
Basic scienece
Inclusion/Exclusion criteria
Inclusion criteria:
All patients for whom a heart nuclear scan with Tc Sestamibi scan requested
Exclusion criteria:
Patients with fatty liver Patients who have had bile surgery
Age

No age limit

Gender

Both

Phase

3

Groups that have been masked

- Investigator
- Outcome assessor

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

In this study, the specialist physician who reports the results of the scan and the investigator were not included in the intervention to prevent bias.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Kermanshah University of Medical Scienes

Street address

Refah Street

City

Kermanshah

Province

Kermanshah

Postal code

6961814547

Approval date

2019-08-06, 1398/05/15

Ethics committee reference number

IR.KUMS.REC.1398.692

Health conditions studied

1

Description of health condition studied

Myocardial perfusion

ICD-10 code

R94.39

ICD-10 code description

Abnormal result of other cardiovascular function study

Primary outcomes

1

Description

Effect of Kefir Drink on Liver Activity Reduction

Timepoint

Thirty minutes after drinking kefir

Method of measurement

Response performed by a specialist physician from the scan result.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In this study, Kefir drinks with Pegah brand are used. To ensure that the compound is used and the elements that influence the scanning process before using the compound, perform cognitive tests, synthetic analysis, and gas testing at the food industry laboratory or carbonate plant laboratories such as Zamzam on the drink. Kefir is very important. The heart scan process will be performed in accordance with standard protocols. Patients were randomly selected from patients referred to Imam Ali Hospital. 100 patients were given 250 ml of kefir drink 30 minutes before scanning. Finally, all data obtained from human heart myocardial perfusion scans will be processed at the center and will be sorted by professors and quantified as statistical data.

Category

N/A

2

Description

Control group: 100 people with no additional intervention and routine scanning routine.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Ali Hospital

Full name of responsible person

Simin Pirzadeh

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kermanshah 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?
Yes
Title of funding source
Kermanshah 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
Kermanshah University of Medical Sciences
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All patient data and research results are shared after individuals are unidentified.

When the data will become available and for how long

After pablish the results

To whom data/document is available

Access is allowed for everyone

Under which criteria data/document could be used

Any type of data analysis is allowed

From where data/document is obtainable

Email 30minpirzadeh@gmail.com

What processes are involved for a request to access data/document

Files are provided on request within one month

Comments