

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

The effect of normal saline gargling in post intubation sore throat

Protocol summary

Study aim

The effect of normal saline gargling in post intubation sore throat

Design

Randomized clinical trial with two groups of intervention and control, randomized 4-block, phase 3 per 100 patients. Due to the intervention, it is not possible to blind patients. Random randomization is done using SPSS software and syntax.

Settings and conduct

100 patients in the operating room of Imam Hossein (AS) Hospital in Shahroud are divided into intervention and control groups by randomization of 4 blocks, and in the intervention group, a normal saline solution is gargled.

Participants/Inclusion and exclusion criteria

Inclusion criteria: age between 20 to 50 years, general anesthesia and endotracheal intubation, Class 1 and 2 of anesthesia risk, no airway and intubation problems, patient-related limb surgery, and Maximum duration of anesthesia is 2 hours. Exclusion criteria: Patient dissatisfaction with participation in the study, history of seizures in the patient and history of smoking, drugs, painkillers or psychiatric drugs

Intervention groups

intervention group gargle 40 degrees normal saline solution 3 times, 30 seconds apart for 5 minutes each, which is done half an hour before the operation. There is no intervention in the control group.

Main outcome variables

Age; Gender; Rate of sore throat; Intubation time

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210828052308N1**

Registration date: **2021-09-04, 1400/06/13**

Registration timing: **prospective**

Last update: **2021-09-04, 1400/06/13**

Update count: **0**

Registration date

2021-09-04, 1400/06/13

Registrant information

Name

Babak Naghizade

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 23 3239 5054

Email address

babak.ng.1995@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-09-19, 1400/06/28

Expected recruitment end date

2021-12-19, 1400/09/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of normal saline gargling in post intubation sore throat

Public title

The effect of normal saline gargling in post intubation sore throat

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

The age of the person should be between 20 and 50

years For limb surgery, general anesthesia and endotracheal intubation are required has a risk of Class 1 & 2 of anesthesia risk (according to American society of anesthesiologist's classification) The patient does not have airway and intubation problems The patient's operation is related to the limb The duration of anesthesia should not exceed 2 hours.

Exclusion criteria:

The patient does not have personal consent to participate in the study and does not fill in the written form of informed consent The patient has a history of seizures. The patient has a history of smoking, drugs, painkillers or Psychiatric drugs

Age

From **20 years** old to **50 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

After informed concern participants, patients are assigned based on quadruple random blocks in the intervention group (gargling normal saline solution) or control (not gargling normal saline solution). Using SPSS software and random randomization syntax, a table 100 pieces were prepared and according to this table, 100 envelopes were prepared and contained 50 letters A= intervention and 50 letters B=control , will be given to the operating room technician by the person in charge of randomization. Based on this envelope, the participant in the project is assigned to a group and the envelope is discarded.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of shahroud University of Medical Sciences

Street address

Shahroud University of Medical Sciences and Health Services - 7th of Tir Square - shahroud-semnan-iran

City

shahroud

Province

Semnan

Postal code

3614773947

Approval date

2021-08-23, 1400/06/01

Ethics committee reference number

IR.SHMU.REC.1400.111

Health conditions studied

1

Description of health condition studied

Post operative sore throat

ICD-10 code

J04

ICD-10 code description

Acute laryngitis and tracheitis

2

Description of health condition studied

Post operative sore throat

ICD-10 code

J02

ICD-10 code description

Acute pharyngitis

Primary outcomes

1

Description

Percentage of sore throat after intubation in operating room patients

Timepoint

Evaluation of sore throat intensity at 1, 6, 12 and 24 hours after surgery

Method of measurement

Visual Analogue Scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Patients in the intervention group are given 40 degrees normal saline solution before surgery. These patients should gargle 3 times, 5 minutes apart, half an hour before the operation. Gargling should be done for 30 seconds each time.

Category

Prevention

2

Description

Control group: There is no intervention in the control group. But the necessary recommendations were also given to this group before and after the operation.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Hossein Hospital in Shahroud city

Full name of responsible person

babak naghizade

Street address

Shahroud University of Medical Sciences and Health Services - 7th of Tir Square - shahroud-semnan-iran

City

shahroud

Province

Semnan

Postal code

3614773947

Phone

+98 23 3239 5054

Fax

+98 23 3239 5009

Email

info@shmu.ac.ir

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahroud University of Medical Sciences

Full name of responsible person

mohammad hasan emamian

Street address

Shahroud University of Medical Sciences and Health Services - 7th of Tir Square - shahroud - semnan - iran

City

shahroud

Province

Semnan

Postal code

3614773947

Phone

+98 23 3239 5054

Fax

+98 23 3239 5009

Email

info@shmu.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?

Yes

Title of funding source

Shahroud University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

Shahroud University of Medical Sciences

Full name of responsible person

babak naghizade

Position

general physician intern

Latest degree

A Level or less

Other areas of specialty/work

General Practitioner

Street address

Shahroud University of Medical Sciences and Health Services - 7th of Tir Square - shahroud - semnan - iran

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shahroud

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Person responsible for scientific inquiries

Contact

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Province
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Postal code
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Phone
+98 23 3239 5054
Fax
+98 23 3239 5009
Email
info@shmu.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Shahroud University of Medical Sciences
Full name of responsible person
babak naghizade
Position
general physician intern
Latest degree
A Level or less
Other areas of specialty/work
General Practitioner
Street address
Shahroud University of Medical Sciences and Health
Services - 7th of Tir Square - shahroud - semnan - iran
City
shahroud
Province

Semnan
Postal code
3614773947
Phone
+98 23 3239 5054
Fax
+98 23 3239 5009
Email
info@shmu.ac.ir

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

There is no more information

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

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available