

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Comparison of the Effect of Non-Pharmacological Interventions Versus a Combination of Ondansetron and Pethidine on Shivering, Nausea, and Vomiting after Spinal Anesthesia for Cesarean Section

Protocol summary

Study aim

Comparison of the Impact of Non-pharmacological interventions vs. a combination of ondansetron & Pethidine on Shivering & Nausea & Vomiting after spinal Anesthesia for cesarean section

Design

Randomization will be performed using sealed opaque envelopes with variable block randomization, and outcome assessors will be blinded to group allocation.

Settings and conduct

This study will be conducted at a teaching/specialized hospital affiliated with Ahvaz Jundishapur University of Medical Sciences (with full obstetrics and anesthesia facilities).

Participants/Inclusion and exclusion criteria

Scheduled for elective cesarean section under spinal anesthesia American Society of Anesthesiologists (ASA) physical status I or II Full-term pregnancy (gestational age ≥ 37 weeks) Body Mass Index (BMI) between 18 and 35 kg/m² Willing to participate and provide written informed consent Patient refusal to participate or withdrawal of consent at any time during the study Emergency cesarean sections Known hypersensitivity or allergy to ondansetron, pethidine, or local anesthetic agents Contraindications to spinal anesthesia (coagulopathy, local infection at puncture site, increased intracranial pressure, severe hypovolemia) Patients with severe cardiovascular, respiratory, hepatic, or renal disorders Pre-existing neurological disorders Baseline hypothermia (core body temperature $< 35^{\circ}\text{C}$) or fever ($> 38^{\circ}\text{C}$) History of chronic pain or regular opioid use Patients on medications affecting thermoregulation or antiemetic medications

Intervention groups

Participants will be randomly allocated to one of two groups: (1) the non-pharmacological interventions group or (2) the pharmacological interventions group

(ondansetron + pethidine combination)

Main outcome variables

Incidence and Severity of Shivering and Nausea

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260210068821N1**

Registration date: **2026-02-18, 1404/11/29**

Registration timing: **prospective**

Last update: **2026-02-18, 1404/11/29**

Update count: **0**

Registration date

2026-02-18, 1404/11/29

Registrant information

Name

ALI KHALAFI

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 916 335 9407

Email address

khalafi.a2006@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-04-08, 1405/01/19

Expected recruitment end date

2026-05-19, 1405/02/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Effect of Non-Pharmacological Interventions Versus a Combination of Ondansetron and Pethidine on Shivering, Nausea, and Vomiting after Spinal Anesthesia for Cesarean Section

Public title

Non-Drug Methods vs. Drug Combination for Shivering and Nausea after Spinal Anesthesia in Cesarean Section

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Women aged 18 to 45 years candidates for elective cesarean section under spinal anesthesia ASA physical status class I or II gestational age ≥ 37 weeks provision of written informed consent

Exclusion criteria:**Age**From **18 years** old to **45 years** old**Gender**

Female

Phase

N/A

Groups that have been masked

- Participant

Sample sizeTarget sample size: **40****Randomization (investigator's opinion)**

Randomized

Randomization description

In the present study, participants will be allocated to the two intervention groups (non-pharmacological and pharmacological) using block randomization with variable block sizes (4 and 6) via sequentially numbered, sealed, opaque envelopes.

Blinding (investigator's opinion)

Single blinded

Blinding description

This study will employ a single-blind design. In this design, participants (patients) will be aware of their group allocation due to the tangible nature of the interventions. However, outcome assessors and data analysts will remain blinded to group assignment until the completion of the primary analysis. The principal investigator responsible for administering the interventions and initial data recording will not be blinded due to the practical nature of the interventions.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Ahvaz Jundishapur University of Medical Sciences

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Esfand

City

Ahvaz

Province

Khouzestan

Postal code

6135715794

Approval date

2026-02-13, 1404/11/24

Ethics committee reference number

IR.AJUMS.REC.1404.622

Health conditions studied**1****Description of health condition studied**

Incidence and Severity of Shivering and Nausea in Cesarean Section

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Incidence of shivering, defined as the presence or absence (yes/no) of at least one episode of involuntary and observable shivering; severity of shivering, measured using the Wrench Shivering Grading Scale (0 to 3); and incidence of nausea, defined as patient-reported subjective feeling of the need to vomit (yes/no). All outcomes are assessed from the start of the intervention until 60 minutes (for shivering) and 6 hours (for nausea) after the completion of the cesarean section.

Timepoint

Shivering outcomes are monitored continuously up to 60 minutes postoperatively, and nausea is assessed at three time points: at the end of the surgery, and at 2 hours and 6 hours after surgery.

Method of measurement

check list

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: the pharmacological interventions group (ondansetron + pethidine combination).

Category

Treatment - Drugs

2

Description

Control group: the non-pharmacological interventions group

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Hospital, Razi Hospital, and Taleghani Hospital

Full name of responsible person

ALI KHALAFI

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.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

ALI KHALAFI

Street address

.Ahvaz, Golestan, Esfand Street, Jundishapur

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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

Ahvaz 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

Ahvaz University of Medical Sciences

Full name of responsible person

ALI KHALAFI

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Anesthesiology

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Person responsible for scientific inquiries

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Ahvaz University of Medical Sciences

Full name of responsible person

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Position

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Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

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Name of organization / entity
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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

De-identified individual participant data. This set includes all raw data collected per protocol: baseline demographics, primary outcomes (incidence and severity of shivering, incidence of nausea and vomiting), secondary outcomes (vital signs), and safety data. Data will be shared in a structured Excel or CSV file after removal of all direct identifiers (name, medical record number, phone number) and coding.

When the data will become available and for how long

Data will become publicly available 12 months after the publication of the primary study results in a peer-reviewed journal and will remain accessible for at least 5 years thereafter.

To whom data/document is available

Access is open to academic researchers and scientists affiliated with credible research or educational institutions, for the purpose of conducting valid scientific secondary analyses or meta-analyses.

Under which criteria data/document could be used

Data may only be used for non-commercial research purposes with proper citation of the original study. Requestors must submit a brief scientific analysis proposal (max 1 page) outlining the aims, methods, and intended outputs of the secondary analysis. Use for validation of findings or educational purposes is permitted.

From where data/document is obtainable

Requests should be submitted via email to the study's corresponding researcher: Title: Assistant/Associate Professor of Anesthesiology Affiliation: Ahvaz Jundishapur University of Medical Sciences

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

Upon receipt of a formal request and analysis proposal, the Study Data Access Committee will review the request for alignment with the stated purposes and conditions within 4 weeks and communicate its decision via email. If approved, data will be shared within 2 weeks after receiving a signed data use agreement.

Comments