Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 Afzalaghayi
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 genicology

Other areas of specialty/work

Street address
Ommolbanin hospital

City
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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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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