Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of early initiation of oral feeding and Gum Chewing on the Return of Bowel Function in elective Cesarean-Delivery

Protocol summary

Summary

This study aimed to compare early liquids and gum chewing on the return of bowel movements after elective cesarean section performed in Shahrekord Hajar hospital. In a randomized clinical trial, 180 patients, who were candidates for cesarean section, were randomly and equally (n = 60) allocated to one of following groups: chewing gum, early feeding or control group after the operation. The patients in the gum-chewing group chewed gum 4 times daily each time for 15 minutes as soon as they become conscious till the time they passed flatus or defecated. Early feeding group fed with clear liquids, regardless of bowel sound within 4 hours after surgery and Soft regime began after listening of intestinal Sound. In the control group, liquids regime was started and gradually converted to regular diet after listening of intestinal Sound. The first time to flatus passage, defecation, hearing of bowel sound, and sensation of bowel movement in the three groups were compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138902222265N1**
Registration date: **2010-07-03, 1389/04/12**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-07-03, 1389/04/12

Registrant information

Name

Faranak Safdari Decheshmeh

Name of organization / entity

Shahrekord Univercity of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Deputy of research, Shahrekord University of Medical Sciences

Expected recruitment start date

2008-04-08, 1387/01/20

Expected recruitment end date

2009-10-08, 1388/07/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of early initiation of oral feeding and Gum Chewing on the Return of Bowel Function in elective Cesarean-Delivery

Public title

Comparing early initiation of oral feeding and Gum Chewing on the Return of Bowel Function in elective Cesarean-Delivery Patients in primiparous women, Hajar hospitral, Shahrekord, 2007

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Uncomplicated term singleton pregnancies undergoing a planned caesarean section performed under regional anaesthesia and by an gynecologist, transverse (horizontal) incision, At least

NPO for 8 hour before surgery, Received the maximum four doses of antibiotic prophylaxis, Exclusions criteria: History of abdominal surgery or cesarean section, preeclampsia, diabetes, heart disease, being at risk for incidence of aspiration or ileuses, postoperative complications such as uterine atonia, intra operative complications such as severe adhesions and blood transfusion during surgery, surgery lasted more than 90 minutes, discharged with personal willing despite physician’s decision, intolerance liquid diet, presence of nausea and vomiting, receiving magnesium sulfate, history of malignancy, obstructive or inflammatory bowel diseases and injuries, excessive bowel manipulation, inability to chew gum.

Age
From **18 years** old to **40 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **180**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Shahrekord University of Medical Sciences

Street address
Shahrekord University of Medical Sciences, Rahmatie, Shahrekord

City
Shahrekord

Postal code

Approval date
2008-02-20, 1386/12/01

Ethics committee reference number
1-12-86

Health conditions studied

1

Description of health condition studied
ileus

ICD-10 code
k00, k93,

ICD-10 code description
Diseases of the digestive system, Paralytic ileus

Primary outcomes

1

Description
Flatus passing

Timepoint
Every hour

Method of measurement
Asking from patients

2

Description
Gas passing

Timepoint
Every hour

Method of measurement
Asking from patients

3

Description
Hearing bowel sound

Timepoint
Every hour

Method of measurement
Hearing of bowel sound by stetoscope

4

Description
Sensation of bowel movement

Timepoint
Every hour

Method of measurement
Asking from patients

Secondary outcomes

1

Description
NAUSEA

Timepoint
PER ONE HOUR

Method of measurement
QUESITION FROM PATIENT

2

Description
Vomiting

Timepoint

Every hour

Method of measurement

Asking from patients

Intervention groups

1

Description

Routine post-op care: in control group after the appearance of bowel sounds oral hydration started and then a gradual shift to the regular diet was adopted

Category

Treatment - Other

2

Description

patient in the gum chewing group chewed sugarless gum one stick 4 times per day as soon as they recovered from anesthesia till the time they passed flatus or defected.

Category

Treatment - Other

3

Description

Oral hydration started with sips of Juice or tea 4-h postsurgury irrespective of presence of bowel sounds. soft diet was started after bowel sounds was appeared

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Hajar Hospital

Full name of responsible person

Street address

City

Shahrekord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of research, Shahrekord University of Medical Sciences

Full name of responsible person

Faranak Safdari Dehcheshmeh

Street address

Midwifery and Nursing Department, Shahrekord University of Medical Sciences, Rahmatie

City

Shahrekord

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Deputy of research, Shahrekord 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

Shahrekord University Of Medical Science

Full name of responsible person

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Position

Master Of Midwifery,Mentor Faculty Memmber

Other areas of specialty/work

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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