Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of chewing gum on intestinal function in patients after cesarean section

Protocol summary

Summary
This study aims to evaluate the effects of gum chewing, as a kind of pseudo-nutrition, on enhancement of bowel movement and early recovery of post-cesarean ileus. A total of 144 females who undergo cesarean section in Ali Ibn Abitaleb Hospital and hold inclusion criteria will be selected. Those who have preeclampsia, diabetics, heart disease, risks of aspiration and ileus; lack of satisfaction to continue participation; complications after surgery such as atonic uterus; intravenous antibiotic therapy more than 4 doses; complications during surgery, for example to the bladder and bowel; adhesion; length of operation >90 min; use of MgSO4 after cesarean; and history of malignancy or inflammatory bowel disease will be excluded from the study. After caesarean section, the participants will be randomly allocated into intervention (gum chewing) and control (non-gum chewing) groups. Members of the intervention group will be asked, as soon as they are transferred to the ward, to chew one sugar-free gum four times a day (morning, afternoon, night and before sleep) each for 30 minutes until the first flatus. The controls will start their regimen with mild liquids after hearing the first bowel sound. The main variables in this study are the first defecation time, the time of first post-cesarean flatus, and the time of hearing the first bowel sound.

General information

Acronym

IRCT registration information
IRCT registration number: **IRCT2016112931168N1**
Registration date: **2017-01-18, 1395/10/29**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date
2017-01-18, 1395/10/29

Registrant information
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Name of organization / entity
Medical University of Zahedan
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete

Funding source
Investigator

Expected recruitment start date
2015-10-23, 1394/08/01
Expected recruitment end date
2016-08-22, 1395/06/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of chewing gum on intestinal function in patients after cesarean section

Public title
The effect of chewing gum on intestinal function in patients after cesarean section

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion Criteria: women who have undergone caesarean section; Exclusion Criteria: suffering from

preeclampsia, diabetics, and heart disease; having risks of aspiration and ileus; lack of patient satisfaction to continue participation; complications after surgery such as atonic uterus; intravenous antibiotic therapy more than 4 doses; complications during surgery, for example to the bladder and bowel; adhesion; length of operation >90 min; use of MgSO4 after cesarean; and history of malignancy or inflammatory bowel disease

Age
No age limit

Gender
Female

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **144**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
using table of random numbers for random selection

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Zahedan University of Medical Sciences

Street address
Office complex of Zahedan Medical university, Khalij e Fars Blv., Dr.Hesabi Square

City
Zahedan

Postal code
9816743463

Approval date
2014-10-04, 1393/07/12

Ethics committee reference number
1573

Health conditions studied

1

Description of health condition studied
post surgery ileus

ICD-10 code
K56.0

ICD-10 code description
Paralysis of: bowel colon intestine

Primary outcomes

1

Description
the first time of deffication

Timepoint
per 2 hours after cesarean and intervention

Method of measurement
Observation

2

Description
hearing the first bowel sound

Timepoint
per 2 hours after cesarean and intervention

Method of measurement
Observation

3

Description
the first time of gas passing

Timepoint
per 2 hours after cesarean and intervention

Method of measurement
Observation

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Chewing one sugar-free gum as soon as transferring the patient to ward 4 times (morning, afternoon, evening and bed time)

Category
Prevention

2

Description
Control group: lack of gum chewing, start of diet after hearing the first bowel sound

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Ali ebne Abitaleb hospital
Full name of responsible person
Street address
Dr.Hesabi square, Khash road
City
Zahedan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research of Zahedan University of Medical Sciences
Full name of responsible person
Houshang Rafigh Doust
Street address
Khalij fars blvd. ,Dr Hesabi square, Zahedan University of Medical Sciences
City
Zahedan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor for research of Zahedan 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
Zahedan University of Medical Sciences
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Samira Hosseini
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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