Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effect of green tea on treatment of uncomplicated urinary tract infection

Protocol summary

Summary

The effect of green tea on treatment of uncomplicated urinary tract infection The aim of this study is to evaluate the effect of green tea on treatment of uncomplicated urinary tract infection. This study is a randomized double blind clinical trial is performed on 90 patients. the inclusion criteria are women with uncomplicated urinary tract infection that recieve cotrimaxazole concurrently and 18 to 50 years old. The exclusion criteria are pregnancy, HIV infection, diabetes and other infections. Patients divide in intervention and control group. Both of groups receive co-trimaxazole 480 mg twice daily for 3 days. In intervention group, participants receive green tea as one capsule, daily for three days. In control group one capsule of starch is given daily for three days. The urine culture and analysis is done on day 0 and 4. Patients complete a questionnaire about their urinary symptoms such as dysuria, frequent urination, suprapubic pain, and hematuria every day during this 3 days period.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201506156026N3**
Registration date: **2015-07-07, 1394/04/16**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2015-07-07, 1394/04/16

Registrant information

Name

Fatemeh Dabaghzadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Iranian national elites' organization

Expected recruitment start date

2015-11-06, 1394/08/15

Expected recruitment end date

2016-11-05, 1395/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of green tea on treatment of uncomplicated urinary tract infection

Public title

A clinical trial to evaluate the effect of green tea in comparison with placebo on treatment of uncomplicated urinary tract infection in women by using urine culture and symptoms of disease

Purpose

Treatment

Inclusion/Exclusion criteria

Iclusion criteria: age 18- 55 years old; women with uncomplicated urinary tract infection that recieve cotrimaxazole concurrently Exclusion Criteria: Pregnancy; HIV positive; Diabetes; Other infections

Age

From **18 years** old to **50 years** old

Gender

Female

Phase
2-3
Groups that have been masked
No information
Sample size
Target sample size: **90**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features
Block randomization

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Keram University of Medical Sciences
Street address
Ethics committee of Keram University of Medical Sciences, Tahmasb abad Ave, Kerman, Iran
City
Kerman
Postal code
Approval date
2014-12-08, 1393/09/17
Ethics committee reference number
92/627/کا

Health conditions studied

1

Description of health condition studied
Acute cystitis
ICD-10 code
N30.0
ICD-10 code description
Acute cystitis

Primary outcomes

1

Description
Urinary tract infection symtoms such as dysuria, frequent urination, suprapubic pain, and hematuria
Timepoint
Daily for three days
Method of measurement
Questionnaire

Secondary outcomes

1

Description
Urine culture
Timepoint
Day 0 and 4
Method of measurement
Cultured pathogen

Intervention groups

1

Description
In intervention group, participants receive green tea as one capsule daily for three days. They receive co-trimaxazole 480 mg twice daily for 3 days concurrently. Each capsule contains the freeze dried extract of iranian green tea. That equates to approximately 150 mg of EGC per capsule. HPLC is used to determine the amount of EGC per gram of green tea.
Category
Treatment - Drugs

2

Description
In control group one capsule of starch is given daily for three days. They receive co-trimaxazole 480 mg twice daily for 3 days concurrently.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Besat clinic
Full name of responsible person
Farhad Sarafzadeh
Street address
Besat clinic, Tahmasb abad Ave, Kerman, Iran
City
Kerman

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for research of Kerman University of

Medical Sciences

Full name of responsible person
Miz. Hasani

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Vice Chancellor for research of Kerman University of Medical Sciences, Tahmasb abad Ave, Kerman, Iran

City
Kerman

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 Kerman 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
Kerman university of medical sciences

Full name of responsible person
Fatemeh Dabaghzadeh

Position
Clinical Pharmacist

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