

# Randomised, double-blind and controlled trial of lumbar microdiscectomies and laminectomies comparing post-operative course and results over one year with and without post-operative glucocorticosteroids.

<b>Submission date</b> 30/09/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 30/09/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 24/08/2015	<b>Condition category</b> Surgery	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
N0231139989

## Study information

**Scientific Title**

Randomised, double-blind and controlled trial of lumbar microdiscectomies and laminectomies comparing post-operative course and results over one year with and without post-operative glucocorticosteroids.

**Study objectives**

Does post-operative glucocorticosteroids alter post-operative outcome after simple lumbar spine surgery?

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Surgery: Lumbar

**Interventions**

Patients pre-selected for appropriate surgery from surgical waiting list will be approached at the time of consenting to be entered into therapeutic trial. One additional injection post-op vs standard practice.

**Intervention Type**

Drug

**Phase**

Not Applicable

**Drug/device/biological/vaccine name(s)**

Glucocorticosteroids

**Primary outcome(s)**

1. Oswestry disability score
2. Short form 36

**Key secondary outcome(s))**

Not provided at time of registration

**Completion date**

01/04/2006

# Eligibility

## Key inclusion criteria

50 patients from surgical waiting list aged 21-70 years

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Adult

## Sex

All

## Key exclusion criteria

Although extremely uncommon, if a patient had a lumbar or caudal epidural using glucocorticosteroid post operatively, they would be excluded from the trial.

## Date of first enrolment

14/03/2005

## Date of final enrolment

01/04/2006

# Locations

## Countries of recruitment

United Kingdom

England

## Study participating centre

**Southampton General Hospital**

Southampton

United Kingdom

SO16 6YD

# Sponsor information

## Organisation

Department of Health

# Funder(s)

## Funder type

Government

## Funder Name

Southampton University Hospitals NHS Trust (UK), NHS R&D Support Funding

# Results and Publications

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes