

# Improving early nutritional intake and functional outcome in postoperative colorectal surgical patients: A randomised clinical trial

<b>Submission date</b> 28/09/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 28/09/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 12/10/2017	<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

### Contact name

Mr Alan Horgan

### Contact details

Consultant Colorectal Surgeon  
Freeman Hospital  
Newcastle upon Tyne  
United Kingdom  
NE7 7DN

## Additional identifiers

### Protocol serial number

N0503191877

## Study information

### Scientific Title

Improving early nutritional intake and functional outcome in postoperative colorectal surgical patients: A randomised clinical trial

**Study objectives**

Not provided at time of registration

**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: Colorectal

**Interventions**

1. Intervention group: postoperative prescribed supplementation (ProCal) and standard diet
2. Control group: standard diet only

**Intervention Type**

Procedure/Surgery

**Phase**

Not Specified

**Primary outcome(s)**

Muscle strength at discharge measured using handgrip dynamometry

**Key secondary outcome(s))**

1. Daily calorie intake
2. Nausea as indicated on a visual analogue scale
3. Days to first flatus
4. Days to first bowel movement
5. Serum albumin levels
6. Length of hospital stay

**Completion date**

01/10/2007

**Eligibility****Key inclusion criteria**

All consecutive patients undergoing elective colorectal surgery in the Freeman Hospital, Newcastle upon Tyne

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Any patient with dementia
2. Lactose intolerance
3. Pregnancy
4. Diabetes mellitus
5. Age under 16 years
6. Musculoskeletal conditions preventing accurate use of the handgrip dynamometer
7. Any patient unable to feed orally pre-operatively

**Date of first enrolment**

01/04/2007

**Date of final enrolment**

01/10/2007

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Freeman Hospital**

Newcastle upon Tyne

United Kingdom

NE7 7DN

**Sponsor information****Organisation**

Record Provided by the NHSTCT Register - 2007 Update - Department of Health

# Funder(s)

## Funder type

Government

## Funder Name

Newcastle upon Tyne Hospitals NHS Foundation Trust

## Alternative Name(s)

Newcastle upon Tyne Hospitals NHS Trust

## Funding Body Type

Government organisation

## Funding Body Subtype

Local government

## Location

United Kingdom

# 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