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The use of chewing gum to enhance recovery after bowel surgery

Submission date	Recruitment status	[_] Prospectively registered
23/07/2008	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
20/10/2008	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
17/06/2020	Cancer	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Study information

Scientific Title
Does chewing (gum) aid recovery after colorectal resection in the context of an enhanced recovery programme? A randomised controlled trial

Study objectives

Chewing gum may enhance recovery from colorectal resection by stimulating bowel motility, shortening post-operative ileus thereby shortening the recovery period.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Dorset Research Ethics Committee, approved in January 2007 (ref: 06/Q2201/182)

Primary study design
Interventional

Study design
Randomised, single-blind, single-centre trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Colorectal disease (both benign and malignant)

Interventions
Subjects randomised to the treatment group were given sugar-free commercially available chewing gum three times a day for 30 minutes each time from the first post-operative day to day of discharge. The participants in the control group received usual care only.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Length of hospital stay

Key secondary outcome(s)
1. Time to first oral fluids
2. Time to first food
3. Time to bowels open
4. Time to flatus
5. Time to fit for discharge

Completion date
01/08/2007

Eligibility

Key inclusion criteria
1. Elective patients undergoing segmental, partial or sub-total colonic resection for malignant or benign colonic disease

2. Both males and females, over 18 years of age
3. Consent to take part in study

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
All

Key exclusion criteria
1. Palliative resection or bypass
2. Concomitant small bowel resection
3. More than one bowel anastomosis during their operation
4. Identified pre-operatively as requiring elective post-operative ventilation or planned intensive care therapy due to co-morbid conditions
5. Allergy to gum or ingredients

Date of first enrolment
01/02/2007

Date of final enrolment
01/08/2007

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
National Nursing Research Unit
London
United Kingdom
SE1 8WA

Sponsor information

Organisation
King's College London

ROR
https://ror.org/0220mzb33

Funder(s)

Funder type
Other

Funder Name
Investigator-funded as this study was carried out as part of a MSc programme (UK)

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?
Basic results		16/06/2020	17/06/2020	No	No