

# Eating water ice-cream in the recovery room after bariatric surgery and the effect on quality of recovery

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON23668

### Source

Nationaal Trial Register

### Brief title

RAQET

### Health condition

Sore throat  
Foul smell  
Recovery

## Sponsors and support

**Primary sponsor:** Catharina Hospital, Eindhoven The Netherlands

**Source(s) of monetary or material Support:** Budget Operating Room Department, Catharina Hospital, Eindhoven The Netherlands

## Intervention

## Outcome measures

### Primary outcome

Reduce sore throat and foul smell after general anaesthesia

## **Secondary outcome**

Scoring on the Quality of Recovery QoR-40 Questionnaire.

# **Study description**

## **Background summary**

A lot of times the anaesthesia used during surgery leaves a foul taste in the mouth and a sore throat as side effect. Recently a hospital announced that they give patients ice cream after surgery because "it improves the wellbeing of the patient after recovery". It seemed that this conclusion was not based after any rigid scientific research but on observations only.

Patients who underwent surgery after general anaesthesia postoperative mostly complain about a sore throat and a foul taste. The sore throat is caused by the intubation and the foul smell is caused by the anaesthesia damps. Careful insertion techniques for both the tracheal tube and laryngeal mask are of importance in the prevention of airway trauma and postoperative sore throat

Despite this, the problems of sore throat and foul smell still is a complaint of many patients.

After a search in PubMed we did not find any study describing the effect of ice on the quality of recovery. Only the use of ice after tonsillectomy is described.

We hypothesize that offering patient after bariatric surgery water ice cream will reduce the side effects of sore throat and foul smell and in general increase the quality of recovery.

## **Study objective**

We hypothesize that offering patient after general surgery water ice cream will reduce the side effects of sore throat and foul smell and in general increase the quality of recovery.

## **Study design**

30-60 days

## **Intervention**

Offering water ice cream after bariatric surgery (rocket ice cream)

## Contacts

### **Public**

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### **Scientific**

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## Eligibility criteria

### **Inclusion criteria**

In order to be eligible to participate in this study, a subject must meet all of the following criteria: Adult patients who underwent elective bariatric procedure and are willing/able to eat water ice cream 30-60 min after surgery.

### **Exclusion criteria**

Patients who are not stable after surgery  
Patients admitted for re-operation within one week, emergency patients.

## Study design

## Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Non controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

## Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	02-02-2015
Enrollment:	172
Type:	Actual

## Ethics review

Positive opinion	
Date:	08-01-2015
Application type:	First submission

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
NTR-new	NL4803

**Register**

NTR-old

Other

**ID**

NTR4943

: METC 2014-73

## Study results

**Summary results**

McHardy FE, Chung F. Postoperative sore throat: cause, prevention and treatment. *Anaesthesia*. 1999 May;54(5):444-53

Bathala S, Eccles R. A review on the mechanism of sore throat in tonsillitis. *J Laryngol Otol*. 2013 Mar;127(3):227-32

Agarwal A, Gupta D, Yadav G, Goyal P, Singh PK, Singh U. An evaluation of the efficacy of licorice gargle for attenuating postoperative sore throat: a prospective, randomized, single-blind study. *Anesth Analg*. 2009 Jul;109(1):77-81