



Dr Test Doctor (Test Doctor) Test Clinic. 123 Test Street, Test Suburb Victoria 3125

Lab ID
Patient ID P000060
Ext ID 26116-0006

Test Patient

Sex: Female • 56yrs • 01-Jan-70
123 Home Street, Test Suburb VIC 3125

RECEIVED
26-Apr-26

IODINE, RANDOM

Specimen type - Urine, Spot

Collected

15-Apr-26

TEST	RESULT	H/L		REFERENCE	UNITS
Iodine	55.00	L		(>100.00)	ug/L
Creatinine, Urine	9.00			(2.47-19.20)	mmol/L
Iodine, Corrected	54.1	L		(>100.0)	ug/gCR

Urine Iodine Comment

IODINE (URINE) COMMENT:

Urinary iodine is a recognised biomarker of recent dietary iodine intake, with more than 90% of ingested iodine excreted in the urine. As such, urinary iodine reflects population and individual iodine sufficiency rather than thyroid hormone status.

According to World Health Organization (WHO) guidelines, iodine status is interpreted as follows (creatinine-corrected):

>100 µg/g creatinine: Iodine sufficient

50–100 µg/g creatinine: Mild iodine deficiency

20–49 µg/g creatinine: Moderate iodine deficiency

<20 µg/g creatinine: Severe iodine deficiency

Clinically, low iodine intake may contribute to impaired thyroid hormone synthesis, with potential manifestations including hypothyroidism and goitre. In cases of severe and prolonged deficiency, particularly during pregnancy and early childhood, iodine deficiency is associated with adverse neurodevelopmental outcomes, including intellectual disability

Treatment: Elevated iodine treatment involves avoiding high-iodine foods; and possibly anti-thyroid medications if hyperthyroidism is confirmed.

Methodology

Inductively Coupled Plasma Mass Spectrometry (ICP-MS), Automated Chemistry/Immunochemistry