



IODINE LOADING - Test Code 5015



Turnaround Time: 7 business days



Specimen Type:
Iodine Loading Kit

Description

The Iodine Loading Test is a tool designed to evaluate the body's iodine status by assessing how much iodine it retains and excretes. Iodine is a vital trace element necessary for the production of thyroid hormones, which regulate metabolism, energy levels and overall growth and development (Hatch-McChesney & Lieberman, 2022). This test helps identify iodine deficiency, which can lead to conditions such as hypothyroidism, goitre and impaired cognitive function (Hatch-McChesney & Lieberman, 2022).

During the test, patients take a specific dose of iodine and collect urine samples over a 24-hour period. The amount of iodine excreted in the urine reflects the body's iodine sufficiency. A low excretion rate suggests that the body is retaining iodine, indicating a deficiency. This test is particularly useful for individuals with symptoms of thyroid dysfunction, such as fatigue, weight gain and cold sensitivity, or for those at risk of iodine deficiency due to dietary restrictions or environmental factors (Hatch-McChesney & Lieberman, 2022).

Results from the Iodine Loading Test provide healthcare providers with crucial information to guide iodine supplementation and optimise thyroid health, ensuring better metabolic and hormonal balance.

Whats included?

- Urine Iodine Corrected
- Iodine (random)
- Iodine (post loading)
- Iodine excretion %

Conditions and Symptoms

- Hypo/Hyperthyroidism
- Fibrocystic breast disease
- Oestrogen imbalance
- Fatigue
- Weight gain
- Difficulty conceiving
- Dry skin

Complementary Testing

- Thyroid Profile- Extensive (Test code 1114)
- Advanced Hormones Dried Urine (Test code 1501)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*



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*See NATA and CLIA website for further details