



IODINE (RANDOM) - Test Code 5016



Turnaround Time: 7 business days



Specimen Type:
Spot Urine

Description

The Iodine (Random) Test is a convenient and non-invasive method to assess iodine levels in the body. Iodine is an essential mineral required for the synthesis of thyroid hormones, which regulate key bodily functions, including metabolism, energy production and growth (Hatch-McChesney & Lieberman, 2022). Adequate iodine levels are critical for maintaining optimal thyroid health and preventing conditions such as hypothyroidism, goitre and developmental delays (Hatch-McChesney & Lieberman, 2022).

This test involves collecting a single morning urine sample to measure iodine concentration. As urinary iodine reflects recent dietary intake, it provides a snapshot of iodine status. This test is particularly beneficial for individuals experiencing symptoms of thyroid dysfunction, such as fatigue, weight changes or difficulty concentrating and for those at risk of deficiency due to low dietary intake or environmental factors (Hatch-McChesney & Lieberman, 2022).

Results from this test help healthcare providers identify iodine deficiencies or excesses, allowing for tailored nutritional guidance or supplementation. Regular monitoring of iodine levels is crucial, especially for pregnant and breastfeeding women, as iodine needs are higher during these periods to support foetal and infant development.

Whats included?

- Iodine (random)

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