NutriPATH PATHOLOGY · PATIENT REPORT
16 Harker St, Burwood VIC, 3125 • info@nutripath.com.au • 1300 688 522

26116-0005

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

Lab ID
Patient ID P000060
Ext ID 26116-0005

Test Patient

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

RECEIVED
26-Apr-26

URINE IODINE LOADING TEST

	Collected
Specimen type - Urine, Spot	15-Apr-26
Specimen type - Urine, Timed	15-Apr-26

URINE IODINE, Random

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

IODINE LOADING TEST

TEST	RESULT	H/L	REFERENCE	UNITS
24 hour Urine Volume	1700		(693-3741)	mL
Iodine Loading	8935			ug/L
Iodine Loading Concentration	151.90			mg/24h
Iodine Loading Excretion	100.00		(>90.00)	%

IODINE LOADING TEST 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

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

SAMPLE REPORT

NATA Accreditation No. 20770. The current scope of accreditation is available on the NATA website.