Urinary Iodine (UI)

The measurement of urinary iodine (UI) provides an accurate approximation of dietary iodine intake in view of the fact that the majority of iodine ingested (~90%) is excreted via the urine. Therefore, UI measurements provide a biological indicator of Iodine Deficiency Disorders.

Iodine's main action is involved in thyroid function. Due to the numerous actions carried out by the thyroid, the implications of iodine deficiency are vast. The major hormone secreted by the thyroid is thyroxine, also called T4 because it contains 4 iodine atoms. To exert its effects, T4 is converted to T3 by the removal of one iodine atom. This occurs mainly in the liver and other tissues where T3 acts, such as the brain. Other actions include the formation and integrity of normal breast tissue, foetal brain development and function, and anti-microbial effects.

Clinical Indications and Applications

Hypothyroidism and goitre
Impaired mental function
Fibrocystic breast disease
Infertility
Increased risk of miscarriage
Reduced immune function

Test Kit

Once the practitioner has given the patient their request form the patient can order the test kit online at www.functionalpathology.com.au or by calling Healthscope Functional Pathology Customer Service on 1300 55 44 80 between the hours of 8.30am and 5.30pm AEST. The test kit contains full instructions.

Specimen Requirements

- *One urine specimen collected from the first morning void is required. The test kit contains everything required to complete this test.*

Children

This test is suitable for children.

Patient Preparation

- *Patients must fast from 10.00pm the night before the urine specimen collection (water may be consumed during this time).*

Turnaround Time

The standard turn around time for this test is 7 – 10 working days from the date the patient's specimen/s are received at our laboratory.

Test Results

Patient results will be delivered via mail, unless requested otherwise. However, we can also issue results via:

- Fax
- Electronic Download
- Web Based Results

Technical Support

All Healthscope Functional Pathology tests are accompanied by an Interpretive Guide to assist practitioners in their clinical understanding and patient management for each result. Healthscope Functional Pathology also has experienced full time Technical Advisors available for practitioners to discuss appropriate test selection, interpretation of test results, individual cases and other technical matters. Please call 1300 55 44 80 between the hours of 8.30am and 5.30pm AEST or email infofp@healthscope.com.au

Companion Tests:

- **Thyroid Hormone Profile**
- **Baseline Hormone Profile**
- **Adrenal Hormone Profile**

The results of the Urinary Iodine test may support or be supported by additional Healthscope Functional Pathology tests. Given the importance of Iodine for thyroid function, combining Urinary Iodine with the Thyroid Hormone Profile is important to ensure a comprehensive assessment of thyroid function. An underactive thyroid is also common in menopausal and post-menopausal women.

A Baseline Hormone Profile/Female Hormone Profile may be required to provide additional information in terms of identifying hormonal imbalance in menopausal and post menopausal women.

The Adrenal Hormone Profile, which measures Cortisol and DHEA-S over a 24 hour period, may also be a useful test to consider as physical, mental and environmental stressors can inhibit the conversion of T4 to T3, thus decreasing the amount of active thyroid hormone available to the cells.