



Healthscope

FUNCTIONAL PATHOLOGY

formerly  **Functional Pathology**

Urinary Iodine (UI) Test Kit Instructions

You are about to do a Healthscope Pathology Urinary Iodine Spot test, designed so you can collect your specimen in the privacy of your own home. This test requires one (1) urine specimen which is collected from the first morning void. Please follow the steps below in sequence and then tick the checklist when you have completed your test. The test kit instructions contain all the information you need to successfully complete this test.

Test Kit Contents

- 1 x Urine specimen tube
- 1 x Plastic dish (for urine collection)
- 1 x Pipette (for urine collection)
- Blue towelling
- Clear plastic specimen bag
- Jiffy Mailing Bag

Note: specimens must be collected on a Monday, Tuesday or Wednesday to ensure postal return to Healthscope Functional Pathology before the close of business on Friday.

If you do not understand the instructions or have a question regarding the contents of your test kit, please call Healthscope Functional Pathology customer service on 1300 55 44 80 between the hours of 8.30am and 5.30pm (AEST).

Step 1 - Preparation for the Test:

2 Days Before the test

- Avoid all sources of Iodine for 48 hours prior to completing this test, as this may affect the results
- Iodine is found in the following: iodised table salt, kelp, nori and other seaweeds, seafood and Betadine®. Note: many multivitamin and mineral supplements contain Iodine (check labels carefully)
- An overnight fast from 10pm the evening before the morning urine specimen is collected (water may be consumed during this time)

Step 2 - Urine Specimen Collection:

- Take the **plastic dish** and collect a **urine specimen** from the **first morning void** (i.e. the first time you urinate that morning).
- Take the pipette and fill the yellow capped tube **labelled first morning void** with urine from the plastic dish. Replace the yellow cap tightly.
- Print your name and date (day of the specimen collection) on the tube.
- Wrap the tube in the blue towelling provided, place in the sealed section of the clear plastic specimen bag and seal the bag closed.
- Discard any remaining urine and the plastic dish

Step 3 - Returning Specimens to Healthscope Functional Pathology

- Put the sealed clear plastic specimen bag with the **practitioner request form** (in the unsealed section) into the jiffy mailing bag and post immediately. Note: a stamp is not required if posted from within Australia
- Urine integrity is maintained at room temperature during delivery to Healthscope Functional Pathology

Step 4 – Payment

All Healthscope Functional Pathology tests must be prepaid when ordered.

A packaging and postage fee applies per order.

- If you have not already paid for this test, payment must be made by attaching a cheque or money order, or enclose credit card details from Visa or MasterCard on the practitioner request form
- Enclose your payment with the practitioner request form in the unsealed section of the clear plastic specimen bag

CHECKLIST

Tick each of the following to ensure you have completed this test correctly

- Avoid all sources of Iodine for 48 hours prior to commencing this test, as this may affect results
- Fast overnight from 10pm
- Write your name and the date of collection on the urine specimen tube
- Collect one (1) urine specimen
- Make sure the yellow cap on the urine specimen tube is secure
- Wrap the urine specimen in the blue toweling and place in the sealed section of the clear plastic specimen bag
- Ensure your contact details are on the **Practitioner Request Form**
- Place the Practitioner Request Form in the unsealed section of the clear plastic specimen bag
- Put the bag into the Jiffy Mailing Bag and post immediately

Test results will be sent directly to your practitioner. Healthscope Functional Pathology thanks you for taking the time to complete this test carefully.

Frequently Asked Questions (FAQs)

- **What if I have completed my test on a Friday or Saturday?** Store your specimen in the refrigerator and post immediately on Monday
- **What if I forget to collect my specimen from the first morning void?** You will need to wait and do the test the following day
- **I am taking vitamin/mineral supplements. Will this affect the test?** It is not necessary to stop taking supplements to complete this test
- **If I am on prescribed medication, will it affect this test?** If you are routinely taking a certain medication you should continue to do so during the test, unless instructed otherwise by your practitioner