

Lab ID 413274382

DOB 20/12/1985 (38 Yrs FEMALE)

Referrer Dr Meagan Campain

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Copy to

Requested 06/03/2024

Clinical Notes Fasting Day 2-3

Collected 20/03/2024 10:20

Received 20/03/2024 10:57

### Random Urine Iodine

R-U-Creatinine	1.0	mmol/L	
Urine iodine	<b>17 L</b>	ug/L	> 100
Creatinine-corrected Urine Iodine	128	ug/L	> 100

### Comments

Iodine levels are interpreted using the WHO criteria. However, the creatinine-corrected iodine level allows for iodine assessment in urine samples which are more dilute or concentrated than usual.

WHO classification of iodine deficiency - Urine Iodine levels:

Not Iodine deficient:	> 100 ug/L	urine
Mild Iodine deficiency:	50 - 100 ug/L	urine
Moderate Iodine deficiency:	20 - 49 ug/L	urine
Severe Iodine deficiency:	< 20	ug/L urine

To convert Iodine ug/L to Iodine nmol/L  
ug/L x 7.88 = nmol/L

HMRC recommends supplementation of 150ug/day of Iodine to ensure that all women who are pregnant, breastfeeding or considering pregnancy have adequate iodine status. Women should not take kelp (seaweed) supplements or kelp based products because they may contain varying levels of iodine and may be contaminated with heavy metals such as mercury.

DH

LAUNCESTON PATHOLOGY NATA ACCREDITATION NO. 2208

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