

## Urine Iodine

Reference: **XXXX\XXXX\E22**  
 Patient: **Sample Report**  
 Clinician: **Dr**  
 Clinician's reference:

Age: **25**  
 Sex: **Female**  
 Sample date: **10/05/2022**  
 Report printed: **10/05/2022**

	<u>Result</u>	<u>Units</u>	<u>Reference range</u>
Urine Iodine	<b>77</b>	µg/L	100 - 199
(molar units)	0.61	µmol/L	0.79 - 1.57

### Interpretation

The urine iodine concentration is recommended as the best single indicator of iodine nutrition, with the following stratification of reference values:

Urine iodine µg/L	Iodine intake	Iodine nutritional status
<20	Insufficient	Severe deficiency
20 - 49	Insufficient	Moderate deficiency
→ 50 - 99	Insufficient	Mild deficiency
100 - 199	Adequate	Optimal
200 - 299	More than adequate	Risk of iodine-induced hyperthyroidism
>299	Excessive	Risk of hyperthyroidism and autoimmune thyroid disease

Urine Creatinine 7.3 mmol/L  
 Urine Iodine:Creatinine ratio **0.08** µmol/mmol creatinine 0.10 - 0.45\*

\* Reference range reviewed December 2020.

The daily iodine intake (in micrograms) can be calculated from urine iodine concentration (ug/L) x 0.0235 x body weight (kg).

### Comment:

#### References

1. International Council for Control of Iodine Deficiency Disorders, World Health Organization, United Nations Children's Fund. Assessment of iodine deficiency disorders and monitoring their elimination. Department of Nutrition for Health and Development, World Health Organisation, 1211 Geneva 27, Switzerland, WHO/NHD/01.1 Second edition, 2001.
2. Food and Nutrition Board, Institute of Medicine, Dietary Reference Intakes. Washington DC. National Academy Press 2001;pp 258 –