

COLLECTION INSTRUCTIONS

Your iodine loading collection

This test looks at how much of a measured iodine dose your body holds on to. You'll give a urine sample before the dose and collect all your urine for 24 hours after it – the difference shows your iodine status.



A simple test you do at home

Your kit is posted directly to you – no collection centre visit needed. You'll take two urine samples around a single iodine tablet, freeze them, then mail them back.



How the loading test works

Give a first-morning **"PRE"** urine sample, swallow the **50 mg iodine tablet**, then collect **all** your urine for the next 24 hours (the **"POST"** sample). Comparing the two shows how much of the iodine your body held on to.



Two urine samples
a PRE and a POST



50 mg tablet
taken in between



Freeze it
before you post

1 Before you collect

- ☒ **No seafood for 4 days** before the test – it can affect your result.
- ☒ **Stop iodine supplements 2 days** before testing, unless your practitioner advises otherwise.
- ☒ **Don't collect while menstruating** – it can contaminate the sample. Wait until your period has finished.

2 Collecting your samples

Work through these in order on the day you start. **Labelling PRE and POST correctly is essential** – the lab compares the two.

1 PRE – first-morning sample

before the tablet

- 1 Collect your **first-morning urine** into the 50 ml yellow container.
- 2 **Fill the first monovette** with about 10 ml from the container (see “Filling a monovette” below), then discard the rest.
- 3 **Label it “PRE-SPOT URINE”** with your name, date of birth and date, then place it in the transport bag **in the freezer**.



Now take the iodine tablet

Within **30 minutes** of your PRE sample, swallow the **50 mg iodine tablet** with a glass of water. **Write down the time** – this starts your 24-hour collection.

2 POST – 24-hour collection

everything for the next 24 hours

- 1 For the next 24 hours, collect **all** of your urine into the **collapsible bag** (you can use the cup provided, then pour it in).
- 2 The next morning, **include your first-morning urine**, up to the same time you started. That completes the 24 hours.
- 3 Hold the bag by its corners, **read the total volume** from the scale, and **write it on your request form**. Then shake the bag well.
- 4 **Fill the second monovette** with about 10 ml from the bag. Label it **“POST-24 HOUR”** with your name, date of birth, date and the **total volume** (e.g. 2000 ml).
- 5 **Freeze both monovettes** together in the transport bag, then discard the leftover urine.

Filling a monovette

1. Lift off the yellow stopper (keep it) – don't unscrew the yellow nozzle – and attach the yellow aspiration tip.
2. Draw urine up to the base line (the thicker green line).
3. Hold it upright and draw the piston rod down until it locks into the base.
4. Remove the tip, replace the stopper, then snap off the piston rod and discard it.

**Keep both samples frozen**

Store both monovettes in the freezer until you're ready to pack and post. Leave them frozen for **at least 2 hours** before sending.

3 Freezing & sending

- 1 Check both monovettes are labelled – **PRE-SPOT** and **POST-24 HOUR** – and that your **request form** shows the **total 24-hour volume** and your details. Complete your **Patient Checklist Form** too.
- 2 After at least 2 hours in the freezer, place the request form into the **open pocket** of the specimen transport bag.
- 3 Place everything into the **reply-paid padded envelope** and post it back the **same day** via your nearest Royal Mail post box or Post Office.

Before you post – quick check

- ☒ Both monovettes labelled **PRE** and **POST** (not mixed up)
- ☒ **Total 24-hour volume** written on the request form & POST label
- ☒ Both samples **frozen** (at least 2 hours)
- ☒ Request & Checklist forms **complete**, posting the same day

What your result includes

Urine Iodine

Urine Iodine (corrected)

Urine Creatinine

24-hour Urine Volume

Iodine Loading (% excreted)

Your results: Once the lab receives both samples, your results and personalised insights appear in your secure i-screen dashboard. We'll email you as soon as they're ready. Unsure of anything? Email us at **info@i-screen.ai** before you begin.