

## IODINE SKIN TEST

This home procedure will approximate the Iodine saturation in your body by observing how long an Iodine stain remains on the skin.

You need to purchase a small bottle of 2% Brown tincture of Iodine (not Povidone Iodine) from a drug store. Do not buy the clear Iodine, as this will not work!

After showering/bathing, the skin must be completely dry. Choose an area on the lower half of the abdomen or the inner thighs. Paint onto the skin a stain approximately 3" x 3". You may need to apply a few coats, but the stain should be dark enough to stand out easily over the surrounding skin.

Let it dry and then observe the stain every 6 hours for the next 24 hours. Do not wash the stain area until the test is complete. If there is any semblance of the stain remaining at the end of the 24 hours, then your Iodine level is adequate. If it disappears at one of the earlier observations, note this time interval. Report your observations to the doctor.