

# IODINE PATCH TEST INSTRUCTIONS

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

1. Begin this test in the morning **(after showering)**.
2. Use 2% Tincture of Iodine to paint a “3 X 3” square on the upper thigh or lower abdomen.
  - Tincture of Iodine is available from any drugstore or pharmacy. Be sure it’s the original orange colored solution and not the clear solution.

3. Write down your starting time: \_\_\_\_\_ : \_\_\_\_\_ am

4. Observe the coloration of the patch over the next 24 hours.

5. Record the hour of time for the following:
- Hour patch began to lighten: \_\_\_\_\_ : \_\_\_\_\_ am / pm
  - Hour patch disappeared completely: \_\_\_\_\_ : \_\_\_\_\_ am / pm

6. Describe patch site after 24 hours:

---

---

---

7. Any other observations or comments:

---

---

---

---

---

- If it disappears in *less than eight (8) hours*, you desperately need iodine.
- If it disappears in *less than twenty four (24) hours*, you still need additional iodine.
- If it simply stays on your arm and begins to slowly fade in color after a full 24 hours, you have already reached iodine sufficiency.