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.