

Iodine Blood Test

DESCRIPTION

The iodine test is a blood test that checks the iodine level and helps screen for iodine deficiency. Iodine is an essential element that is required for thyroid hormone production of thyroxine (T4) and triiodothyronine (T3). Thyroid hormones help regulate important biochemical reactions, such as protein synthesis and are very critical in metabolic activity. There are several types of food that are good sources of iodine including fish, other types of seafood and eggs. Table salt also has iodine added to it.

There might be certain groups of people that are at risk of iodine inadequacies, such as people who do not use iodized salt or those living in a region with low iodine sources, pregnant women, vegans or people who eat few to no dairy products, seafood, and eggs.

WHY DO I NEED AN IODINE BLOOD TEST?

The reasons for you to get this test might be part of your overall health checkup, monitor exposure to iodine, evaluate possible iodine deficiency disorders, or excessive iodine intake.

Iodine is essential in thyroid health and for expecting mothers where this essential element is required for proper development in fetuses and infants.

AM I REQUIRED TO FAST?

No, fasting is not required. There are no dietary or medicinal restrictions to take this test.

WHAT IS THE SAMPLE REQUIRED?

A simple venous blood draw

IS A DOCTOR'S ORDER REQUIRED?

No. You do not need to provide a doctor's order to get lab testing done at Any Lab Test Now.

WHEN WILL I GET MY TEST RESULTS?

Test results generally take between 24 to 72 business hours after your specimen is collected.

DO I NEED TO MAKE AN APPOINTMENT?

No. You can walk in for same day testing. We make it easy for you by offering work-friendly hours.

IF I HAVE QUESTIONS ABOUT MY TESTS RESULTS WHO SHOULD I CONTACT?

We recommend you share your results with your primary care physician or with your specialist.

OTHER RELEVANT LAB TESTS

- Iodine Urine Test
- Thyroid Panel
- Basic Nutritional Panel
- Micronutrient Test