

Iodine Patch Test

Name:

Date:

Instructions

- **Step 1** Purchase a small bottle of Lugol's Iodine (TINCTURE OF IODINE BP)
- **Step 2** At night before going to bed paint on your skin a 5cm x 5cm (3" x 3 ") square patch of Tincture of Iodine. Use the painting stick in the bottle of Tincture of Iodine or a cotton swab to paint the patch onto the inside of the inner thigh or abdomen. Note the time of application.
- **Step 3** In the morning upon rising note the color and check off as follows:
 - Bright yellow orange (as it was first applied the night before)
 - Pale Yellow
 - Greyish colored
 - No color left at all

If there is NO color remaining on your skin, your test is complete

If there is ANY color remaining on your skin, go to step 4.

- **Step 4** For the remainder of the day check the color of the patch every few hours. Note the time that the color entirely disappears. If the color still remains at bedtime, you may consider the test completed. The color will slowly fade over the next few days.
 - Color was gone by 12.00 noon
 - Color was gone by 4.00 pm
 - Color was gone by 8.00 pm
 - Color was gone by bed time
 - Some color still remains