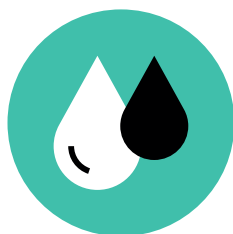




National Diet and Nutrition Survey (NDNS)

# Spot urine collection for iodine

**Participant information leaflet**



This leaflet explains how to provide a urine sample for NDNS and how to return your sample to us. If there is anything that is not clear or if you have questions, please call 0800 652 4572.

**For more info have a look at [naten.ac.uk/NDNS](https://naten.ac.uk/NDNS)**

# How to give a spot urine sample

## STEP 1

We don't want a sample of your first urine of the day but any after that is fine.

## STEP 2

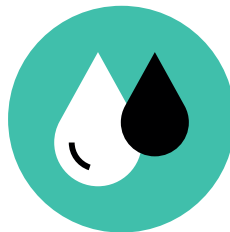
When you take the lid off the container, don't touch the inside. This is because you may have some iodine on your fingers from soap and we only want to measure the iodine inside your urine.

## STEP 3

Pass a small amount of urine directly into the container; you do not need to fill it completely, just provide as much you can. Replace the lid and make sure that it is screwed on tightly.

## STEP 4

If any urine goes on the container, wipe the outside of the container dry using a piece of ordinary toilet paper or a tissue. Do not use wet wipes or any other cleaning product as this could contaminate the sample.



**Kit colour:**

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# How to post your spot urine sample

## STEP 1

Fill in the date and time you collected your urine sample on the dispatch form. The form and the tube should have the same barcode number.

## STEP 2

Place the filled container into the small case and secure by applying pressure to each side.

## STEP 3

Place the sample and the dispatch form (having checked that the tube and the form have the same barcode number) in the pre-addressed and pre-paid envelope and please try to post it in any Royal Mail box that same day.

### Please check

- Your spot urine tube and dispatch form should have the same coloured label and barcode number on them. If they do not, then please record this in the comments on the dispatch form.
- It is important that the tube and dispatch form are posted back together. If other people in your household are taking part you will each get a different colour kit.
- The paperwork that comes with your kit will also show your age and your gender; please make sure you provide a sample in the correct tube.
- Individual kits should be posted separately in individual pre-addressed envelopes.
- You can note down the colour of your kit on the previous page.

**For more info have a look at [naten.ac.uk/NDNS](http://naten.ac.uk/NDNS)**

## Why are you testing for iodine?

Iodine is important for being healthy. It is used by the body to make thyroid hormones. The best way to find out how much iodine people have in their body is through analysis of urine.

## How many urine samples do you need?

Only one. You will be given a pot to collect it in - very similar to what a doctor would give you if they needed a urine sample.

## Do I have to provide a urine sample?

No. You do not have to provide a urine sample if you do not want to.

## What will happen to my urine sample?

It will be sent to a laboratory and analysed for iodine content. Your name and address will not be attached to the sample - it will remain anonymous. Your sample will not be tested for drugs or viruses for this study.

## How will my sample be stored?

With your consent we will store your anonymised urine sample so that it may be used for future testing of other analytes that are useful for assessing the health of the population. All the information you give us will be kept securely and confidentially. We will use a unique ID code so that your personal information will not be stored with your urine sample.

## Will I get anything for taking part?

After the lab receives your urine sample, you will receive a **£5 shopping voucher** as a thank you. Please allow up to four weeks for your e-voucher to arrive.

If you have any other questions, please get in touch:

**Beverley Bates**

**NDNS Research Director**

National Centre for Social Research, Unit 15 Ashton Gate, Ashton Road, Romford RM3 8UF  
Survey Enquiry Team: **0800 652 4572** Email: **ndns@natcen.ac.uk**