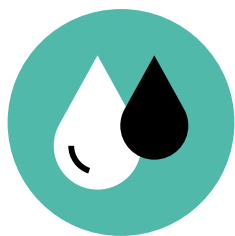National Diet and Nutrition Survey (NDNS)

Spot urine collection for iodine

Information for children about collecting a sample of their wee

You will get a **£5 shopping voucher** for doing this part of the NDNS study

£5

For more info have a look at natcen.ac.uk/NDNS

Why are we asking for a sample of your wee?

We want to take a small sample of your wee to find out how much iodine people have in their bodies. Iodine is important for being healthy.

Do I have to give a sample?

No. It is up to you to decide if you want to give us some of your wee.

What do I need to do?

We will ask you to catch some of your wee in a little pot. Your parent or guardian can help.

How to post the sample of your wee

Ask your parent or guardian to post your sample.

For the parent or guardian:

1 Fill in the date and time your child collected their urine sample on the dispatch form (the tube and the form should have the same barcode number). If more than one person is taking part in your household, please check that the correct colour kit has been used and the age and gender is correct on the dispatch form.

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

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 envelope and please try to post it that same day.

Important things to remember!

- ■ We don't want your first wee of the day but any wee after that is fine.
- ■ When you take the lid off the pot, 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 wee.
- ■ Wee straight into the pot. You do not need to fill it all the way to the top. It can be a bit tricky, just try to catch what you can!
- ■ Put the lid back on the pot tightly. Your parent or guardian can help if you need it.
- ■ And, most importantly, don't forget to wash your hands afterwards!

Thank you for taking part!

For more info have a look at natcen.ac.uk/NDNS