Te Whatu Ora
Health New Zealand
Waitaha Canterbury

IODINE (potassium iodate)

eye-oh-deen (poe-tass-ee-um eye-oh-date)

What does it do?

Iodine is used in pregnancy or breastfeeding to help normal growth and development in your baby.

Before you start

- Tell your health professional if you have a thyroid problem.

How should you take it?

Take *iodine* regularly as directed with a glass of water. You can take it with or without food.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. kelp) or recreational drugs.

What side effects might you notice?

Iodine is unlikely to cause any side effects. If you notice any symptoms you are concerned about, discuss them with your doctor or pharmacist.