

## The iodine procedure

**Material required:** Iodine dilution. This is used medically for the disinfection of hands, surgical materials and disinfection in surgery treatment. A suitable 100 gram dilution contains: 7.5g poly (1- vinyl-2 pyrrolidine) iodine complex with 10% available iodine (Mw 40000). A cup or bowl.

**Duration:** If all the equipment is at hand, the iodine procedure takes about 6 minutes.

**Procedure:** 2 x water " 2 x bleach "2 x water.

- Pre-rinsing: draw up cold clean water through the needle until the syringe is completely filled and then squirt it out in the gutter or toilet. Repeat this.
- Draw up the iodine/alcohol dilution through the needle and let it work for at least 2 minutes and then shake well before squirting it out. Repeat this.
- Rinsing: draw up cold clean water through the needle until the syringe is completely filled and then squirt it out in the gutter or toilet. Repeat this.

### Advantages:

- Relatively cheap and quick procedure
- Iodine is a well-known and accepted substance for disinfection in surgical treatment
- Little loss of quality of the syringe

### Disadvantages:

- The more blood that rests in the syringe the greater the chance that the iodine procedure will not be save.
- People suffering from iodine allergy or malfunctioning of the thyroid (gland), should use this method only after additional thorough rinsing when disinfection is carried out.
- Iodine produces yellow stains on skin and clothes.

The iodine procedure is not as commonly used as the bleach procedure. The iodine solution mentioned above is approved in Germany as an appropriate substance to disinfect surgical material. A Dutch literature study by the RIVM (National Institute of Public Health and Environmental Hygiene) shows that there is no research data opposing the use of iodine. Iodine is handed out in some Austrian and Swiss prisons as part of a first aid kit and used to clean syringes.



**For maximum safety:**

Take the syringe to pieces after the disinfection and rinsing, and put it in a bath of iodine for one hour.



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