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Iodine Gargle

Experiment 15 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To prepare the prescribed iodine gargle and distinguish formulation strength from instructions for dilution before use.

Principle

Iodide assists iodine dissolution in an aqueous system. A gargle may be supplied as a concentrate, so the stock strength and any intended use dilution are separate facts. Lugols solution and iodine gargle must not be treated as interchangeable products.

Requirements

- Prescribed BPC formula, iodine, iodide and all specified vehicle ingredients.
- Balance, beaker, measuring cylinder, stirring rod and amber bottle.

Procedure

1. Read the formula

Identify the final-volume basis, iodine concentration and all co-solvents or other ingredients. Copy any use-dilution instruction separately.

2. Dissolve iodine system

Dissolve the iodide in the required vehicle portion, then incorporate iodine with mixing. Follow the prescribed incorporation sequence for other components.

3. Adjust

Transfer quantitatively and add vehicle to the stated final volume after the solution is at the specified measuring temperature.

4. Evaluate

Inspect clarity and particles, record final volume and perform the assigned quality tests. Do not infer iodine strength from colour alone.

5. Package and label

Use a tightly closed light-resistant container. State that it is a gargle, include any prescribed dilution instructions and use the assigned do-not-swallow wording.

Observations and Record

Item	Information to record	Record
Composition	Iodine / iodide strengths	_____
Appearance / volume	Clarity and final amount	_____
Label	Gargle name and prescribed dilution	_____

Worked Example

The numbers below are illustrative; enter your own observations in the record.

- Dilution exercise only: 5 mL of a 1% w/v concentrate is diluted to 100 mL. Final iodine strength = 1 × 5 ÷ 100 = 0.05% w/v.
- The amount of iodine is unchanged by dilution: 5 mL × 0.01 g/mL = 0.05 g.
- These are illustrative numbers, not a recommended patient-use dilution; actual formulation and instructions come from the prescribed BPC formula.

Result

Record the observed outcome and calculated value, with units. State whether the stated laboratory specification was met; do not copy the worked example as your result.

Precautions

- Do not label a concentrate as ready to use when dilution is required.
- Use the specified route instructions and do not swallow the teaching preparation.
- Prevent iodine loss through unnecessary exposure and heating.

Viva Questions and Answers

1. Why separate stock and use strength?

The patient-facing dilution may produce a much lower concentration than the bottled stock.

2. What helps iodine dissolve?

Iodide promotes soluble polyiodide formation.

3. Why is colour insufficient for assay?

Colour is influenced by concentration, optical path and formulation; it is not a validated quantitative result.

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