

Khandelwal Diabetes, Thyroid & Endocrinology Clinic

Instructions for patients taking thyroxine

Storage

Store thyroxine in a cool, dark place (normal living room)

Do not keep thyroxine in a place with extremes of humidity or temperature like kitchen or bathroom or inside/top of refrigerator

Care

Do not change the brand of thyroxine unless specifically advised by your doctor

Discard discolored or expired medication

Timing

Take thyroxine empty stomach in morning

Keep a gap of at least 45 min before you eat/drink anything except water after taking thyroxine

Make sure your hands are dry before opening the bottle

Do not break the tablet

Try to take the tablet **directly from cap of bottle**, without touching it with your hands

Food

There are no dietary precautions for thyroid; however, diet modification may be needed for associated problems such as overweight/diabetes/BP/cholesterol (contact our dietician)

Most patients with thyroid disease can comfortably eat cabbage, cauliflower, and soya products; however, avoid soya rich diet within 1 hour of taking thyroxine

Avoid protein supplements within 1 hour of taking thyroxine

Concomitant medication

Avoid ingesting antacids with thyroxine (take antacids at least 45 min after thyroxine)

Avoid ingesting iron or calcium for at least 6 hours after taking thyroxine

Missed tablet

If you miss a dose of thyroxine, take it as soon as you remember, but avoid intake of food 1–2 hours before and after, the dose

A double dose may be taken the next day, if a tablet was inadvertently missed

Take your regular dose of thyroxine even if you are sick or travelling

Instructions for thyroid blood test

Ensure regular TSH monitoring, at intervals suggested by your endocrinologist

For most persons, thyroxine is a lifetime medication; do not stop/ decrease dose of thyroxine if laboratory report returns to normal, unless asked by your doctor

If you visit other doctor for any other problems, tell them about your thyroid problem

Avoid unproven therapies for hypothyroidism or weight loss

Avoid over the counter supplements for hypothyroidism or weight loss

If you are on biotin/ biotin containing multivitamins, it should be stopped at least 3 days before thyroid blood test.

Take thyroxine **after the sampling** on the day of TSH estimation- (do not skip)

Pregnancy & breastfeeding

Thyroxine is safe during pregnancy/lactation for mother and baby

Thyroxine dose generally need to be increased in pregnancy

Contact your treating doctor as soon as you know you are pregnant

Iron and calcium tablets during pregnancy are advised to be taken after lunch and after dinner as minimum gap of 6 hours is required between thyroxine and iron/calcium

Dr. Deepak Khandelwal

MD Medicine (AIIMS), DM Endocrinology (AIIMS),

Senior Consultant Endocrinologist