

INSTRUCTIONS FOR THE PROPER ADMINISTRATION OF SYNTHROID®

You have been prescribed Synthroid® (levothyroxine), which is thyroid hormone replacement. It is very important that you take your Synthroid® properly and that you remember to take your Synthroid® everyday. It is recommended that you use a pill box marked Monday - Sunday to help you remember to take your Synthroid® everyday. Another method to remember to take your Synthroid® is to place one week's worth of pills in a single pill box and make sure that one day's dose is gone at the end of each day.

Synthroid® should always be taken on an empty stomach. An empty stomach means that it has been at least 2 - 3 hours since eating or drinking (other than water). After you take your Synthroid®, you should wait at least one hour before you eat or drink anything other than water.

Calcium supplements such as Tums®, Rolaids®, Oscal®, and Citracal® (and others) interfere with the absorption of Synthroid®. Multivitamins with iron or iron tablets also interfere with the absorption of Synthroid®. Soy products can also interfere with the absorption of Synthroid®. Therefore, you should always allow four hours in between the time you take your Synthroid® and the time you take calcium supplements, multivitamins with iron, or iron tablets.

If you are just beginning your Synthroid®, your dose of Synthroid® has been changed, or you are now starting to take your Synthroid® properly as outlined above, it will take five to six weeks for the dose (or new dose) of Synthroid® to reach its peak effect in your body. Therefore, you will need to have labs drawn in five to six weeks.

Your next blood draw for thyroid tests will be on (or after) _____.