

Hypothyroidism

Rules for taking levothyroxine (Synthroid®)

- Take your medication 1st thing in the morning, on an empty stomach with water only.
- Wait 1 hour before you eat or drink anything but water, or take any other medications.
- Do not take multivitamins, magnesium, zinc, calcium, vitamin D (calciferol), iron, or other minerals within 4 hours of taking levothyroxine. (It will affect the absorption).
- If you take biotin (vitamin B7) or products with biotin in them (Hair, Skin, and Nails), you must STOP taking biotin 3 days before your thyroid blood work. Biotin can affect the test results.
- Take your medication at the same time each day. If you forget, take it the next day in addition to your usual dose (it is OK to **occasionally** double up on the dose).
- Refills: Please let us know 1 week in advance if you need a refill. We often wait for blood work results before giving the refill in case we need to adjust the dose.
- Make sure you go for blood work as instructed. (Ideally 1-2 weeks before clinic appointment.) This is used to adjust your dose if needed. If you did not get labs done, you should still plan to come to your appointment.
- Please show up for your clinic appointments. If you know ahead of time you have a conflict, please contact us as early as possible. You will still need to have your labs drawn even if you do not come to the appointment.
- Labs need to be obtained at the same facility each time as different analyzers are used.
- If you have Blue Cross Blue Shield (BCBS), you will need to go to a Quest Diagnostics lab. BCBS does not cover the cost for you to come to Roswell for blood work, except in certain situations.
- Please sign up for our patient portal and check it when you get an email that you have a message. We often use the patient portal to communicate with you about lab results or a change in your dosage.