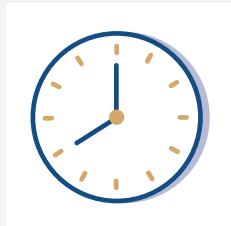


Consistency Matters with Hypothyroidism Treatment

When managing your hypothyroidism, it's important to make levothyroxine treatment a consistent part of your daily routine.

See the tips below for how to incorporate levothyroxine treatment.¹⁻³



- **Take your medicine every day at the same time**, as prescribed by your doctor
 - Many people find taking it first thing in the morning or before bed works well
 - Setting a cell phone reminder may also be helpful
- Store your medication in a spot where you're most likely to remember it
 - Using a pill box may help you keep track of the pills you take daily
- Remember that while it's OK to take your levothyroxine with liquid, **do not take it with soy milk, coffee, or grapefruit juice** because these may affect absorption of levothyroxine
 - Check with your doctor about other liquids to avoid when taking your medication
- It's typically recommended that levothyroxine be taken consistently, either 60 minutes before breakfast or at bedtime (3 or more hours after your evening meal)
 - Tell your doctor when and how you take your levothyroxine, so they can prescribe the proper dose
 - Remember to take your levothyroxine at the same time every day
- Taking levothyroxine with certain foods can affect its absorption
 - Foods that can impact absorption are soy products or a high-fiber diet
- Do not take your levothyroxine medication within 4 hours of taking **calcium supplements, iron supplements** (or multivitamins that contain iron), or **antacids**
 - Tell your doctor about all prescription and over-the-counter medicines you are taking, as they may affect levothyroxine absorption
- If you forget to take your medication in the morning or at your normal time, take it as soon as you remember
 - Ask your doctor what to do if you miss a day of treatment
- Before you leave the pharmacy, check to make sure your **medicine is the right brand, shape, and dosage**
 - Each brand contains the same active ingredient, but because of how they are made, your body may absorb and respond to them differently. That's why it's important to be sure you get the same brand of medicine with every refill

Use the next page as a visual reminder of how to add levothyroxine treatment to your daily life. Put it where you can see it easily every day.

Take levothyroxine the right way, every day. Learn more about why consistency matters at [TreatThyroidDaily.com](https://www.treatthyroiddaily.com).

References: **1.** American Thyroid Association. Hypothyroidism. https://www.thyroid.org/wp-content/uploads/patients/brochures/Hypothyroidism_web_booklet.pdf. Accessed May 21, 2020. **2.** Mayo Clinic. Diseases and conditions: hypothyroidism (underactive thyroid). <https://www.mayoclinic.org/diseases-conditions/hypothyroidism/symptoms-causes/syc-20350284>. Accessed May 21, 2020. **3.** Jonklaas J, Bianco AC, Bauer AJ, et al. Guidelines for the treatment of hypothyroidism: prepared by the American Thyroid Association Task Force on thyroid hormone replacement. *Thyroid*. 2014;24(12):1670-1783.

Tips for Adding Levothyroxine to Your Daily Routine^{1,2}

YOUR ROUTINE

Take at the **same time** every day (setting a cell phone reminder may help)



Use a **pill box** to track the pills you take daily



Store where **easily remembered**



YOUR DIET



Take with liquid, but **AVOID**:

- Soy milk
- Grapefruit juice
- Coffee

Take **CONSISTENTLY** on an empty stomach



WAIT 4 HOURS before or after taking:

- Calcium supplements
- Iron supplements
- Antacids



YOUR TREATMENT



Get TSH levels tested on a regular basis, as recommended by your doctor



*Check at the pharmacy that you **get the same brand of medicine with every refill***

TSH=thyroid-stimulating hormone.

Learn about a treatment for hypothyroidism at TreatThyroidDaily.com.