

Thyroid Care Guide

Practical points for people taking thyroid treatment

If you take levothyroxine

- Take it consistently as prescribed, often on an empty stomach.
- Keep the timing consistent from day to day.
- Iron and calcium supplements can reduce absorption; separate them from levothyroxine according to your clinician/pharmacist advice.
- Do not change dose based only on symptoms without thyroid-function testing.

Follow-up matters

- TSH testing is usually used to adjust treatment in primary hypothyroidism, but timing and targets vary by situation.
- Pregnancy requires especially prompt thyroid review and dose planning.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.