

### Do I Need Regular Monitoring When Taking These Medications?

- Regular monitoring of blood tests will be required to ensure that the dose of thyroxine is right for you.
- It is important that you attend all follow-up visits with your doctor.

### Are There any Special Precautions That I Need to Take?

- Discuss with your doctor if you intend to conceive while taking this medication. The dose may need to be adjusted to optimize the thyroid hormone level during pregnancy.
- If you are pregnant, inform the clinic to bring forward your appointment. In the meantime, double the usual dose on weekends only, until you see the doctor. For example, if your dose is 50 mcg per day on Saturday and Sunday, increase it to 100 mcg per day on Saturday and Sunday.

### How do I Store These Medications?

- Store your medication in a cool, dry place away from heat, moisture and direct sunlight.

If you have any problem with your treatment, please contact your doctor, pharmacist or nurse clinician.

Please keep all medications out of reach of children.

## PHARMACY

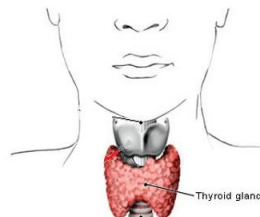
### Drug Information

## Medications to Treat Hypothyroidism



## What is Hypothyroidism?

- Hypothyroidism is a condition that occurs when the thyroid gland does not produce enough thyroid hormones. These hormones control the body's metabolic functions, such as temperature and heart rate.
- The thyroid gland is found at the front of your neck.



- Common symptoms of low thyroid levels include: constipation, feeling more cold than usual, heavy menses (for females), unexplained weight gain, fatigue and muscle weakness.
- Reasons for hypothyroidism could include an autoimmune condition, previous radio-iodine therapy, or surgical removal of the thyroid gland.

## What are the Medications Used to Treat Hypothyroidism?

Medication Class	Medication Name
Thyroid hormone replacement therapy	<ul style="list-style-type: none"><li>• Levothyroxine (Euthyrox®)</li></ul>

## How do the Medications Work?

- They replace the thyroid hormone deficiency and restore normal metabolic activity.

## How are the Medications Administered / Taken?

- Take the medication once a day at the same time each day, usually in the morning, at least 30 to 60 minutes before food with a glass of water.
- Always take the tablets at the dose instructed by your doctor.
- If you are taking Levothyroxine, it is important to keep to the same brand (eg. Euthyrox®). Do not change the brand without informing your doctor.

- If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Do not double the dosage.

## Can the Medications be Administered / Taken With Other Medications?

- Avoid milk, indigestion remedies, and iron/calcium/magnesium supplements 2 hours before or after taking thyroxine medications.
- Please inform your doctor or pharmacist if you are taking other medications, including supplements, traditional or herbal remedies.

## What are the Important Side Effects?

- The thyroxine medication that you are taking is a replacement dose. At the optimal dose, your thyroid hormone levels will be normal.
- During adjustment of doses, you may experience palpitations or weight changes. Inform your doctor if you experience these symptoms.

If you develop rashes, facial swelling or shortness of breath after taking the medication, you could be allergic to the medication. Please seek medical attention immediately.