

Thyroid Replacement Therapy

What is thyroid replacement therapy?

The thyroid gland is located in your neck just below the voice box. The thyroid makes hormones that control many important processes in the body:

- Metabolism – how your body uses energy
- Heart function
- Body temperature
- Growth and development

Thyroid replacement therapy is medicine to help your thyroid gland work better. You may need it when one of these things happen:

- Your thyroid gland doesn't make enough hormone
- Your thyroid was removed because of a nodule or cancer.

Why do I need to take this medicine?

You may need the medicine for one of these reasons. :

- Thyroid gland was taken out
- Thyroid not making enough hormone due to other treatments

How much medicine will I need?

The first time you get thyroid medicine, your care team will choose the dose based on these things:

- Weight
- Age
- Medical conditions

You will get follow-up exams and blood tests to check if you are getting the right dose of thyroid medicine. The blood test results will show if your dose needs to be adjusted.

How do I take the medicine?

You take one pill each day. It is important to follow these instructions every time

- Take it at the same time each day. First thing in the morning is best.
- Take it before eating, when your stomach is empty. Wait 30–60 minutes before you eat or drink anything except water. Your body absorbs the medicine much better when your stomach is empty.
- Tell your doctor about any other medicine or supplements you take. You may want to take them at different times than your thyroid pill.
- Do not stop taking your thyroid medicine without talking with your doctor.
- If you forget to take a pill, take it as soon as you remember. It is safe to take two pills a day—one in the morning and one in the evening.

Follow-up care

Even if you are feeling fine, you will need regular blood tests to check your hormone levels. Talk with your care team about how often you need the tests. Your doctor will adjust the dose as needed.