



## LEVOTHYROXINE

*lee-voe-thy-rox-een*

### What does it do?

*Levothyroxine* is used to add thyroid hormones to your body.

### How should you take it?

Take *levothyroxine* regularly as directed with a glass of water. Take it on an empty stomach – one hour before or two hours after food.

### What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

### Can you take other medicines?

Some medicines available without a prescription may react with *levothyroxine* including:

- antacids (e.g. Mylanta®), supplements containing calcium (e.g. Calci-tab®) or iron (e.g. Ferro-Tab®) - do not take these within four hours of *levothyroxine*.
- iodine supplements (e.g. Iodine/Lugol's solution®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking including vitamins, herbal products (e.g. kelp powder) or recreational drugs. Avoid foods such as seaweed or kelp that may contain iodine.

### What side effects might you notice?

Side Effects	Recommended action
Chest pain, change in heartbeat Headache Heat intolerance, sweating Restlessness, irritability, nervousness, tiredness Hair loss or thinning Changes in periods Diarrhoea, nausea, vomiting, weight loss Trouble sleeping	Tell your doctor

If you notice any other effects, discuss them with your doctor or pharmacist.

### Other information:

- Tell your doctor if you have heart problems, diabetes, osteoporosis (weak bones), or high blood pressure.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- *Levothyroxine* should not be used for weight loss.