Te Whatu Ora
Health New Zealand
Waitaha Canterbury

LEVOTHYROXINE

lee-voe-thy-rox-een

What does it do?

Levothyroxine is a thyroid hormone. It is used if your thyroid gland does not make enough thyroid hormone.

Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *levothyroxine* regularly as directed with a glass of water.

What if you forget a dose?

Take the missed dose as soon as possible and continue as directed.

Can you take other medicines?

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

- products containing aluminium, calcium, iron or magnesium, such as antacids (e.g. Mylanta®) or multivitamins

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Symptoms of a fast or irregular heartbeat including: fluttering, pounding or pain in your chest, dizziness or fainting Feeling hotter than normal, sweating Nervousness, restlessness, tremor, trouble sleeping Diarrhoea, weight loss Hair loss or thinning Changes in periods	Tell your doctor - they may need to change your dose.

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

Other information:

- You will need regular blood tests while you are taking *levothyroxine* to make sure you are on the right dose.
- *Levothyroxine* should not be used for weight loss.