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<br>Feeling hotter than normal, sweating<br>Nervousness, restlessness, tremor, trouble sleeping<br>Diarrhoea, weight loss<br>Hair loss or thinning<br>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.