

Consistency Matters with Hypothyroidism Treatment

When managing your hypothyroidism, it's important to make levothyroxine treatment a consistent part of your daily routine.

See the tips below for how to incorporate levothyroxine treatment.^{1,2}



- **Take your medicine every day at the same time**, as prescribed by your doctor
 - Many people find taking it first thing in the morning or before bed works well
- Store your medication in a spot where you're most likely to remember it
 - Using a pill box may help you keep track of the pills you take daily
- Remember that while it's OK to take your levothyroxine with liquid, **do not take it with soy milk, coffee, or grapefruit juice** because these may affect absorption of levothyroxine
 - Check with your doctor about other liquids to avoid when taking your medication



- While it's typically recommended to take levothyroxine on an empty stomach, it may be OK to take it with food. Remember to take it the same way every time
 - Tell your doctor if you take it with or without food so they can prescribe the proper dose
 - Certain foods can affect absorption of levothyroxine, including soy products or a high-fiber diet
- Wait 4 hours after taking your levothyroxine medication before taking calcium supplements, iron supplements (or multivitamins that contain iron), or antacids
 - Tell your doctor about all prescription and over-the-counter medicines you are taking, as they may affect levothyroxine absorption
- If you forget to take your medication in the morning or at your normal time, take it as soon as you remember
 - Ask your doctor what to do if you miss a day of treatment
- Before you leave the pharmacy, check to make sure your **medicine is the right brand, shape, and dosage**
 - Each brand contains the same active ingredient, but because of how they are made, your body may absorb and respond to them differently. That's why it's important to be sure you get the same brand of medicine with every refill



Use the next page as a visual reminder of how to add levothyroxine treatment to your daily life. Put it where you can see it easily every day.

Take levothyroxine the right way, every day. Learn more about why consistency matters at [TreatThyroidDaily.com](https://www.treatthyroiddaily.com).

Tips for Adding Levothyroxine to Your Daily Routine^{1,2}

YOUR ROUTINE

Take at the **same time** every day



Use a **pill box** to track the pills you take daily



Store where **easily remembered**



YOUR DIET



Take with liquid, but **AVOID**:

- Soy milk
- Grapefruit juice
- Coffee

Take **CONSISTENTLY** on either an empty stomach or with food



WAIT 4 HOURS after taking:

- Calcium supplements
- Iron supplements
- Antacids



YOUR TREATMENT



Get **TSH** levels tested on a regular basis, as recommended by your doctor



Check at the pharmacy that you **get the same brand of medicine with every refill**

TSH=thyroid-stimulating hormone.

Learn about a treatment for hypothyroidism at [TreatThyroidDaily.com](https://www.treatthyroiddaily.com).