

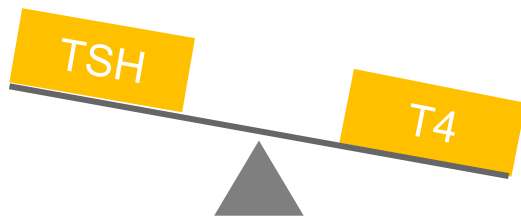
# Hello.....

## This is your plan to stay well.

You have **hypothyroidism**...now what ?

Visit [www.NHS.uk](http://www.NHS.uk) and search for underactive thyroid to learn more.

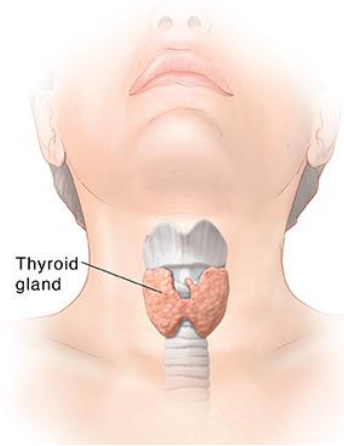
There are two blood tests to monitor your thyroid gland. Thyroid Stimulating Hormone (TSH), and Thyroxine (T4).



To understand the blood test results it might help to think of it like a sea-saw.

If your thyroid gland has become underactive there is less T4 in your blood, and the TSH rises.

We usually use the TSH to determine if your thyroid gland is 'in balance', or 'out of balance'.



# What next ?



## Did you know

Levothyroxine should be taken first thing in the morning, on an empty stomach. If you eat or drink tea/coffee within 30 min it will not be absorbed into your body.

If you forget to take the tablet, it's safe to take a double dose the next morning.

You will need to have a thyroid blood test every 2-3 months until your thyroid levels are back to normal.

Once your thyroid levels are back to normal the blood tests need to be done less frequently. And when they are very stable, you only need it testing once a year.

## Did you know

Once diagnosed with hypothyroidism, you are exempt from paying for any medicines prescribed by a doctor.