

“How I’m doing with my hypothyroidism”

A guide to help you have a productive discussion with your doctor

When it comes to managing hypothyroidism, there’s no one-size-fits-all solution.

So it’s important that your doctor understand how your treatment is going.

Fill out the guide below to help organize your thoughts and **use it during your next appointment.**

> My current treatment

How do you feel about how well your current hypothyroidism treatment regimen is working for you?

(Please circle one)



What are some reasons that you feel this way?

What are your expectations from your hypothyroidism treatment?

> My treatment routine

Taking your medicine the right way is an important part of treating hypothyroidism. To help your doctor understand your daily treatment routine, review the statements below and circle the word (Always / Usually / Sometimes) that applies to you.

I take my hypothyroidism medicine at the same time every day. **Always / Usually / Sometimes**

I take my hypothyroidism medicine with water and on an empty stomach. **Always / Usually / Sometimes**

I wait 30-60 minutes after taking my hypothyroidism medicine before eating or drinking. **Always / Usually / Sometimes**

USE

SYNTHROID® (levothyroxine sodium) tablets, for oral use is a prescription, man-made thyroid hormone that is used to treat a condition called hypothyroidism in adults and children, including infants. It is meant to replace a hormone that is usually made by your thyroid gland. Generally, thyroid replacement treatment is to be taken for life. SYNTHROID should not be used to treat noncancerous growths or enlargement of the thyroid in patients with normal iodine levels, or in cases of temporary hypothyroidism caused by inflammation of the thyroid gland (thyroiditis).

SAFETY CONSIDERATIONS

- **Thyroid hormones, including SYNTHROID, should not be used either alone or in combination with other drugs for the treatment of obesity or weight loss. In patients with normal thyroid levels, doses of SYNTHROID used daily for hormone replacement are not helpful for weight loss. Larger doses may result in serious or even life-threatening events, especially when used in combination with certain other drugs used to reduce appetite.**

Please see Use and Important Safety Information on the next page.

Please see full Prescribing Information at <https://www.rxabbvie.com/pdf/synthroid.pdf>.

Synthroid®
(levothyroxine sodium tablets, USP)



> A few questions to ask during your next visit

- What options are available to treat my hypothyroidism?
- Could brand-name Synthroid be an option for me?
- What else can I do to help manage my hypothyroidism?



To learn more about Synthroid, visit [Synthroid.com](https://www.synthroid.com).

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IMPORTANT SAFETY INFORMATION

- **Thyroid hormones, including SYNTHROID, should not be used either alone or in combination with other drugs for the treatment of obesity or weight loss. In patients with normal thyroid levels, doses of SYNTHROID used daily for hormone replacement are not helpful for weight loss. Larger doses may result in serious or even life-threatening events, especially when used in combination with certain other drugs used to reduce appetite.**
- Do not use SYNTHROID if you have uncorrected adrenal problems.
- Use SYNTHROID only as ordered by your doctor. Taking too much or too little SYNTHROID may lead to negative effects on growth and development, heart function, bone health, reproductive function, mental health, digestive function, and changes in blood sugar and cholesterol metabolism in adult or pediatric patients.
- Taking too much levothyroxine may affect your heart, especially if you are elderly or have heart disease. Tell your doctor immediately if you have any signs of increased heart rate, chest pain, or an irregular heartbeat.
- Tell your doctor about any other medical conditions you may have, especially heart disease, diabetes, blood clotting problems, and adrenal or pituitary gland problems. The dose of other drugs you may be taking to control these conditions may have to be changed while you are taking SYNTHROID. If you have diabetes, check your blood sugar levels and/or the glucose in your urine, as ordered by your doctor, and immediately tell your doctor if there are any changes. If you are taking blood thinners, your blood clotting status should be checked often.
- Taking too much levothyroxine has been associated with increased bone loss, especially in women after menopause.
- Tell your doctor if you are pregnant or breastfeeding or are thinking of becoming pregnant while taking SYNTHROID. Your dose of SYNTHROID may need to be increased during your pregnancy.

- Tell your doctor if you start experiencing any of the following symptoms: rapid or abnormal heartbeat, chest pain, difficulty catching your breath, leg cramps, headache, nervousness, irritability, sleeplessness, shaking, change in appetite, weight gain or loss, vomiting, diarrhea, increased sweating, difficulty tolerating heat, fever, changes in menstrual periods, swollen red bumps on the skin (hives) or skin rash, or any other unusual medical event.
- Partial hair loss may occur during the first few months you are taking SYNTHROID.
- Tell your doctor if you are taking any other drugs, including prescription and over-the-counter products.
- Products such as iron and calcium supplements and antacids can lower your body's ability to absorb levothyroxine, so SYNTHROID should be taken 4 hours before or after taking these products.
- Tell your doctor or dentist that you are taking SYNTHROID before any surgery.
- Use SYNTHROID only as ordered by your doctor. Take SYNTHROID as a single dose, preferably on an empty stomach, one-half to one hour before breakfast.
- Once your doctor has found your specific SYNTHROID dose, it is important to have periodic lab tests and clinical evaluations to assess your treatment response.
- Foods like soybean flour, cottonseed meal, walnuts, and dietary fiber may cause your body to absorb less SYNTHROID from the gastrointestinal tract. Grapefruit juice may cause your body to absorb less levothyroxine and may reduce its effect. Let your doctor know if you eat these foods, as your dose of SYNTHROID may need to be adjusted.
- It may take several weeks before you notice an improvement in your symptoms.

This is the most important safety information you should know about SYNTHROID. For more information, talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

If you are having difficulty paying for your medicine, AbbVie may be able to help. Visit [AbbVie.com/myAbbVieAssist](https://www.abbvie.com/myAbbVieAssist) to learn more.

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(levothyroxine sodium tablets, USP)



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