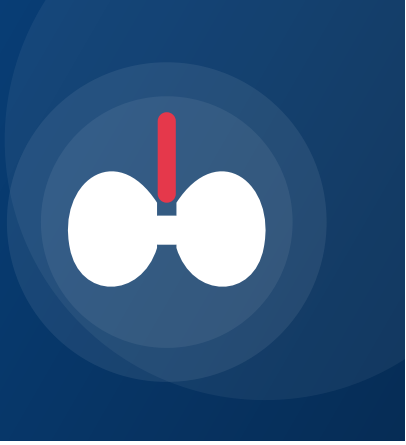
DR. ALI RAZA NAQVI · CONSULTANT ENDOCRINOLOGIST & DIABETOLOGIST

Underactive Thyroid & Thyroxine

Living well with hypothyroidism

PATIENT INFORMATION LEAFLET



In hypothyroidism the thyroid gland does not make enough hormone, so the body slows down. It is common, especially in women, and is treated with a daily thyroxine (levothyroxine) tablet.

1 Common symptoms

- Tiredness and low energy
- Weight gain and feeling cold
- Dry skin, hair loss, constipation
- Low mood, poor memory
- Heavy or irregular periods

2 Taking thyroxine correctly

- Take it once a day on an empty stomach with water
- Wait 30–60 minutes before breakfast or tea
- Keep it 4 hours apart from calcium, iron, antacids and multivitamins
- Take the same brand and dose every day
- Do not stop it unless your doctor says so

3 Blood tests

- TSH is checked 6–8 weeks after any dose change
- Tell your doctor if you become pregnant — the dose often needs increasing early
- Once stable, usually every 6–12 months

⚠ When to get medical help

- Fast or irregular heartbeat, chest pain or shakiness (dose may be too high)
- Severe tiredness, swelling or confusion
- Pregnancy or planning pregnancy

TIP Most people feel much better within a few weeks of the right dose.

Dr. Ali Raza Naqvi — FRCP (London)
Consultant Physician, Diabetologist & Endocrinologist
154 CCA 1, Plaza, Sector C, DHA Phase 6, Lahore · Mon–Sat 12–3 pm & 7–10 pm

Book online: dralirazanaqviendocrinologist.com

WhatsApp / Call: 0311 7215471

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