



**ROCKY MOUNTAIN FERTILITY CENTER
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INSTRUCTIONS FOR TAKING THYROID MEDICINE

1. Always check the prescription against what you receive. Always try to stay on the same medicine – Name brand or generic (ie if you were tested normal on name brand which is Synthroid always stay on name brand , if you tested normal on generic always stay on Generic if you switch from name brand to generic you must get your TSH blood level rechecked.)
2. Take thyroid hormone on an empty stomach, it allows for maximum absorption. Please allow at least one hour before eating, because it allows for maximum absorption.
3. Be consistent about a high-fiber diet. If you start or stop eating high-fiber, get your thyroid rechecked, because it may change your absorption.
4. Many experts recommend you take vitamins or supplements with iron at least two to three hours apart from thyroid hormone. Iron can interfere with thyroid hormone absorption if taken too close together.
5. Be careful about taking calcium and calcium-fortified orange juice at the same time as thyroid hormone. Allow at least 2-3 hours apart, so absorption is not affected.
6. Don't take antacids within two hours of thyroid hormone. Allow at least 2-3 hours apart, so absorption is not affected.
7. Watch for interactions with antidepressants & thyroid hormone. Zoloft, Paxil and Prozac can make thyroid meds more or less effective.
8. Don't stop taking thyroid hormone when you're pregnant or breastfeeding. It's necessary for you and your baby's health.
9. TSH levels should be checked monthly in pregnancy per NIH guidelines.