

MARK CROUCH D.O.  
CROUCH CLINIC  
113 East Leslie  
Hamilton, Texas 76531  
Tel. 254-386-8149 FAX 254-386-3494

Date:

Patient:

DOB:

## Thyroid Hormone

### Symptoms of Low Thyroid Hormone

Fatigue  
Weight Gain  
Feeling Cold  
Dry Skin/Dry Hair  
Hair Loss  
Forgetfulness  
Aching Muscles/Joints  
Constipation  
Depression/Anxiety/Irritability  
High Cholesterol

### Symptoms of High Thyroid Hormone

Fast Heart Rate  
Feeling Hot  
Jitteriness  
Trouble Sleeping  
Anxiety  
Dizziness  
Sweating  
Excessive Weight Loss

### How to take Thyroid Hormone Replacement

Take your thyroid hormone on an empty stomach: 30-60 minutes before a meal or 1-2 hours after a meal.

Do not take thyroid hormone within 4 hours of vitamins or minerals (calcium, iron, magnesium).

Take your thyroid hormone every day. Do not miss any doses even if some days you cannot take it on an empty stomach. If you miss a dose, DO NOT take two doses the next day.

Begin with ½ tablet a day for 7 days then increase to one tablet a day.

We will recheck your thyroid levels in 2 months and adjust your dose until the optimum levels are obtained and your symptoms are improved. Once we determine the correct dose, your blood levels should be tested yearly or sooner if your symptoms return.

To insure accurate lab results: On the day before your blood test, **do not miss your dose**. On the day of your blood test, **take your thyroid hormone 5 hours before your blood is scheduled to be drawn**. If you miss your dose the day before the test or fail to take your dose 5 hours before the test, please notify us when you arrive for your appointment.

**Notify us immediately** if you are having any unwanted side effects or symptoms of high thyroid hormone levels. If we determine that your dosage needs to be adjusted, we can do that by phone.

Pharmacy: