

Thyroid tests for those with an overactive thyroid on levothyroxine

Thank you for attending for your annual thyroid tests.

Your results suggest that you are getting too much thyroxine with your current dose of medication. It is important that you inform us if you do not think you have been taking your medication correctly.

Most people have no symptoms at all but you may be suffering from symptoms of too much thyroxine on your current dose of treatment:

- Being restless, nervous, emotional, irritable, sleeping poorly and 'always on the go'.
- Tremor of your hands.
- Losing weight despite an increased appetite.
- Palpitations.
- Sweating, a dislike of heat and an increased thirst.
- Diarrhoea or needing to go to the toilet to pass faeces more often than normal.
- Shortness of breath.
- Skin problems such as hair thinning and itch.
- Menstrual changes - your periods may become very light or infrequent.
- Tiredness and muscle weakness may be a feature.

Your current dose has been reduced by 25 micrograms and we have issued a prescription with the new dose. If you are registered for electronic prescribing the prescription will automatically go to your nominated pharmacy. If you are not registered for electronic prescribing the prescription will be waiting for you to collect from your usual Ridge surgery.

Please have your blood tests checked again in three months' time.

Take this new dose every day and please contact the surgery to book in for a repeat thyroid check in 2-3months time.