



## Thyrotoxicosis Shared-Care Scheme Information Sheet


### STARTING THYROXINE (after Radioactive Iodine)

Your thyroid blood tests have come under very good control after radioactive iodine, and you are no longer overactive.

In fact, the most recent blood tests show that the thyroid is now becoming slightly underactive.

Because of this we need to change your treatment:

- **Since your levels of thyroxine are now low - you need to commence treatment with this hormone as a replacement tablet.**
- Thyroxine is the natural thyroid hormone in a tablet, so that it does not cause any side effects. It can usually be taken as a single tablet, once a day.
- Being on thyroxine also qualifies you to receive free prescriptions - ask your chemist or GP for the appropriate forms.
- **We have recommended the dose of thyroxine you require on the attached letter. You will need to visit your GP to discuss this and get a prescription.** If there are any problems or difficulties we would be pleased to arrange to see you in the clinic - but we have not arranged a routine appointment (unless you already have one for other reasons)
- You will still need blood tests on thyroxine to ensure that the dose is correct - but these will become less and less frequent once we are confident that your thyroid levels are normal on thyroxine. Eventually we will plan very occasional tests via our thyroid register.
- **Telephone 'Hot-Line'**: Nicki Kieffer, the nurse practitioner, looks after a telephone 'hot-line' which you can ring if you have any questions or worries about your condition or about the treatment. If the problem cannot be sorted out easily on the phone, or by your GP, then we can always arrange to see you soon in the clinic.

 **Leicester (0116) 258 5702**

Dr Trevor A. Howlett, MD, FRCP.  
*Consultant Physician & Endocrinologist*

Nicki Kieffer, RGN MA  
*Nurse Practitioner, Endocrinology*