

What PRECAUTIONS should I take?

Let your doctor know if you have any other medical conditions, such as heart problems or hypertension. Thyroxine may be given at a lower dose to prevent side-effects from occurring. If you have diabetes, you may need an increased dosage of insulin or oral anti-diabetic medicine.

Let your doctor know if you are on any other medications, especially warfarin, anti-epileptic medicines and oral contraceptives. Check with the doctor or pharmacist before taking any health supplements.

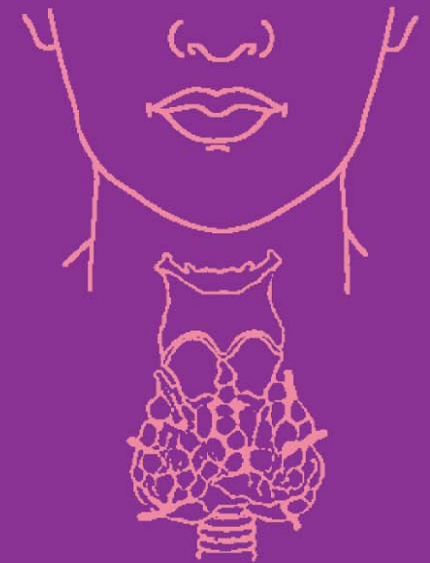
Let your doctor know if you are planning to become pregnant.

How should I STORE the medicine?

Store the medicine in the original container in a cool, dry place. Protect from moisture, heat and direct sunlight.



Patient Information Leaflet



Thyroxine Sodium

ABOUT your medicine

Your doctor has prescribed thyroxine sodium tablets for you. Thyroxine is the main hormone produced by the thyroid gland. It plays an important role in regulating many of the body's metabolic functions.

Hypothyroidism is the condition that results from under-production of thyroxine by the thyroid gland which could be due to the gland being naturally underactive, or due to an individual being put on radio-iodine therapy, or due to the surgical removal of an overactive gland. Thyroxine **replaces** the deficiency which exists in such situations and restores normal metabolic activity.

HOW should I take the medicine?

Thyroxine has a very long duration of action and is taken once a day, usually in the morning, half an hour before breakfast.

The dose of thyroxine needed may vary from patient to patient. This is determined by a simple blood test which will allow the doctor to adjust the dose as necessary.

For most patients, the dose ranges from 50 micrograms to 200 micrograms daily. You may be started at a lower dosage initially (as low as 25 micrograms daily in older patients and in those with heart conditions such as angina), then the dose may be increased gradually as required so as to lessen the side-effects.

What should I do if I FORGET a dose?

If you miss a dose, take it as soon as you remember. However, if it is almost time for the next dose, skip the missed dose and continue with your regular dosing schedule. Do not double the dose to make up for the missed dose.

What are the possible SIDE-EFFECTS of the medicine?

Since thyroxine is a replacement therapy, few side-effects should be anticipated provided the dosage is suitably adjusted according to your need.

When daily doses exceed what is actually required, you may experience palpitations and chest pain (especially in those with heart diseases), muscle cramps, sweating, tremors, diarrhoea, restlessness, insomnia and headaches. Let your doctor know immediately if you have any of the symptoms listed above or any other unusual symptoms. However, such problems will usually disappear when the dose of thyroxine is reduced or stopped.

Occasionally, patients may experience allergic reactions such as skin rashes, itchiness and swelling.