

What you need to know about taking thyroid hormone

Take your thyroid hormone first thing in the morning on an empty stomach, and avoid all food and drink other than water for 30-60 minutes.

On days that you are testing your thyroid levels (blood draws), don't take your thyroid hormone until after you've had your blood drawn.

When you start a new prescription or increase your dose, please let your doctor know immediately if you develop rapid heartbeat, palpitations, sweating, nervousness, diarrhea, tremor, sweating, or any other unusual side effects.

First thing in the morning just after waking, check your resting heart rate. If your morning resting heart rate is more than 90 beats per minute, call your doctor. This may be a sign that your dose is too high.