

If you are unsure, talk to your doctor or pharmacist.

#### WHAT PRECAUTIONS SHOULD YOU TAKE?

Do not take more Levothyroxine 50 micrograms tablets than your doctor tells you to. Discuss – with your doctor or pharmacist if you are worried about anything.

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#### TAKING YOUR TABLETS:

- Before starting this treatment, your doctor may record your heart activity (EGG)
- The usual adult starting dose of Levothyroxine tablets is 50 to 100 micrograms. This dosage may be adjusted depending on the assessment by your doctor.
- Follow the instructions of your doctor regarding dosage.
- The dose is preferably taken before breakfast, once a day.
- Initially your doctor may prescribe a low dose, and adjust this to meet your individual needs after taking blood for laboratory analysis of your thyroid function, or after assessing your condition.
- Read the label on your medicine container to see how many tablets you should take, and when you should take them.
- Swallow the tablets whole with a drink of water.
- Do not take more tablets than your doctor tells you to.
- Do not stop taking your tablets except on your doctor's advice.
- If you miss a dose but remember within two or three hours, you can still take that dose. Remember that ideally the dose should be taken before breakfast.

#### DO NOT TAKE DOUBLE THE AMOUNT OF TABLETS

#### IF YOU MISS A DOSE

- If you accidentally take too many Levothyroxine 50 micrograms tablets, tell your doctor immediately or contact your nearest Hospital Casualty/Accident & Emergency Department.

#### WHILE TAKING YOUR MEDICINE:

- Be sure to take the tablets as your doctor tells you to.
- Keep taking them until your doctor tells you
- Your doctor may change your dose depending on the result of blood tests, or your overall condition.
- If you are female and think that you may have become pregnant, tell your doctor.

#### AFTER TAKING YOUR MEDICINE:

Levothyroxine may cause unwanted effects in some people. If you experience any of the following, tell your doctor

- Angina pain (pain in the chest, particularly when taking exercise e.g. walking up hill)
- Irregular heart beats.
- Palpitations (loud, thumping heartbeat)
- Muscle cramps or weakness
- Rapid heart beat
- Diarrhoea & vomiting
- Tremor (shaking)
- Restlessness, excitability
- Insomnia
- Headaches
- Flushing
- Sweating
- Loss of weight
- Muscle weakness

#### PRECAUTIONS:

- Keep out of the reach and sight of children.
- Do not take the tablets after the "Expiry Date" printed on the container
- Do not store above 25°C and store in original container
- Return any unused Levothyroxine 50 micrograms tablets to your pharmacist who can dispose of them safely for you.

Remember: This medicine is only for you. Only a doctor can prescribe it for you. Never given this medicine to someone else. It could harm them, even if their symptoms seem the same as yours.

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