

Starting Your TIROSINT® Treatment Routine

When you are prescribed TIROSINT (levothyroxine sodium) Capsules, your doctor will give you instructions on how and when to take your medicine. This guide provides a summary of important information and useful tips to help you establish a treatment routine that works well for you. **Please talk to your doctor if you have any questions about taking TIROSINT.**



Actor portrayal.

How to take TIROSINT Capsules



Take TIROSINT exactly as your doctor tells you to take it.



You should swallow TIROSINT gel capsules whole. Do not crush, cut, or chew the capsules before swallowing them. If you or your child have difficulty swallowing the capsules whole, tell your doctor.



Do not remove TIROSINT capsules from the original blister package until you are ready to take them.



Take your prescribed dose of TIROSINT only one time each day, 30 minutes to 1 hour before breakfast, on an empty stomach.



Certain medicines can interfere with how your body absorbs TIROSINT

You should take TIROSINT:

- **At least 4 hours before or after** you take medicines that contain calcium carbonate or iron (such as oral iron supplements, calcium supplements, antacids)
- **At least 4 hours before** you take medicines that contain bile acid sequestrants or ion exchange resins

This is not a complete list of all possible medicines that can interfere with TIROSINT. Talk to your doctor or pharmacist before starting or stopping any medicines.

Know the medicines you take. Ask your doctor or pharmacist for a list of these medicines, if you are not sure.



Certain foods may affect the way your body absorbs TIROSINT

Tell your doctor if you regularly eat or drink these foods, as they may require your dose of TIROSINT to be adjusted. These include soybean flour, cottonseed meal, walnuts, dietary fiber, grapefruits, and grapefruit juice.

- Your doctor will do certain blood tests to monitor your progress while you are taking TIROSINT and may change your daily dose of TIROSINT as needed
- You should not stop taking TIROSINT or change your dose unless your doctor tells you to
- Tell your doctor if you become pregnant or plan to become pregnant while taking TIROSINT
- It may take weeks before you notice your symptoms getting better. Keep using this medicine even if you feel well
- If you take too much TIROSINT or overdose, call your doctor or poison control center at **1-800-222-1222**, or go to the nearest hospital emergency room right away

USE

TIROSINT is a prescription medicine that contains a man-made hormone called levothyroxine which replaces the hormone that is normally produced in your body by the thyroid gland. It is used to treat adults and children 6 years of age and older:

- To replace or give extra levothyroxine in people whose thyroid gland does not naturally produce enough (a condition called hypothyroidism).
- Who need surgery and radioiodine therapy to manage a type of thyroid cancer called thyroid-dependent well-differentiated thyroid cancer.

Who should not use TIROSINT:

TIROSINT is not for use in people with temporary hypothyroidism caused by thyroiditis or inflammation of the thyroid gland.

TIROSINT is not recommended to treat benign thyroid growths or enlargement of the thyroid gland in patients with sufficient iodine levels.

Please see Important Safety Information continued on page 3 and [click here](#) for Full Prescribing Information, including BOXED WARNING.



Tirosint®
(levothyroxine sodium) capsules

Making TIROSINT® a part of your morning routine

Some of these tips may help



Actor portrayal.



Tell your doctor if you are having difficulty keeping track of your treatment.



Set an alarm as a reminder to take TIROSINT at the same time every day.



Connect your dose with an existing morning routine, like after brushing your teeth.



Ask for reminders: Your doctor's office may offer check-in calls to help you keep up with your treatment schedule.



Store TIROSINT close to where you wake up, like a bedside table.



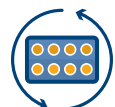
Use a medication reminder app for tracking your treatment and refill alerts.



Use a calendar or medication diary as a visual record of the doses you've taken.



Rely on a family member or caregiver for additional support, particularly when starting a new routine.



Turn your TIROSINT blister pack upside down after taking TIROSINT in the morning; turn it right side up at the end of the day to reset your morning reminder.

IMPORTANT SAFETY INFORMATION

What is the most important information you should know about TIROSINT?

NOT FOR TREATMENT OF OBESITY OR FOR WEIGHT LOSS

Thyroid hormones, including TIROSINT, should not be used either alone or in combination with other medications for the treatment of obesity or for weight loss.

In patients with normal thyroid levels, doses within the range of daily hormonal requirements are not helpful for weight loss.

Larger doses may result in serious or even life threatening events, especially when used in combination with certain other medications to reduce appetite.

Do not take more TIROSINT than your doctor prescribes. Overdosage or taking too much TIROSINT may cause life-threatening side effects or death.

TIROSINT should not be used by children less than 6 years of age or who cannot swallow an intact capsule. TIROSINT is also not for use in people with temporary hypothyroidism caused by thyroiditis or inflammation of the thyroid gland.

Do not take TIROSINT if your adrenal glands are not working well and you have not been treated with glucocorticoid replacement for this problem.

Before you take TIROSINT, tell your healthcare provider about all your medical conditions, including if you:

Currently have or have previously had heart problems; currently have or have previously had thyroid nodules; have kidney or pituitary gland problems; have any food or drug allergies; have a low red blood cell count; have diabetes; have weak or weakening bones (osteoporosis); currently have or have previously had a history of blood clotting problems.

Also tell your healthcare provider if you are pregnant or planning to become pregnant, or are breastfeeding.

TIROSINT may harm your unborn baby. Your doctor may need to change your TIROSINT dose while you are pregnant. TIROSINT passes into breast milk. Talk to your doctor about the best way to feed your baby if you take TIROSINT.

It is important that you tell your doctor about all the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements. TIROSINT may affect the way other medicines work, and other medicines may affect how TIROSINT works. Ask your doctor or pharmacist for a list of medicines that may interact with TIROSINT.

Certain foods may affect the way that your body absorbs TIROSINT. These include:

- Soybean flour
- Cottonseed meal
- Walnuts
- Dietary fiber
- Grapefruits or grapefruit juice

Tell your healthcare provider if you regularly eat these foods, as they may require your dose of TIROSINT to be adjusted.

Important information about taking TIROSINT:

You should take TIROSINT exactly as your doctor tells you to take it. Your doctor will tell you how much TIROSINT to take each day. You should not stop taking TIROSINT or change your dose unless your doctor tells you to.

Take TIROSINT once each day, on an empty stomach, approximately 30 minutes to 1 hour before breakfast.

Certain medicines can interfere with how TIROSINT is absorbed by your body. Take TIROSINT: **At least 4 hours before or after** you take medicines or supplements that contain calcium or iron (ferrous sulfate, ferrous fumarate, etc.); and **at least 4 hours before** you take medicines that contain bile acid sequestrants or ion exchange resins. Ask your doctor if you are not sure whether any medicines you are taking may contain these ingredients. Your doctor should do certain blood tests while you are taking TIROSINT and may change your daily dose of TIROSINT as needed.

What are the possible side effects of TIROSINT?

The most common side effects of TIROSINT include irregular heartbeat, chest pain, shortness of breath, leg cramps, headache, nervousness, irritability, sleep problems (insomnia), tremors, muscle weakness, change in appetite, weight loss, vomiting, diarrhea, sweating a lot, heat intolerance, fever, changes in menstrual period, and hives or skin rash.

TIROSINT may cause serious side effects, including heart problems. Your risk for these problems may be greater if you are elderly, have heart problems, or if you take too much TIROSINT. Tell your doctor right away if you develop heart problems, as your doctor may choose to reduce your dose or stop treatment with TIROSINT.

TIROSINT may also cause worsening of blood sugar control in diabetic patients and weak or brittle bones. Tell your doctor if you are diabetic or if you already have weak or brittle bones (osteoporosis) before taking TIROSINT.

Partial hair loss may occur during the first months of treatment with TIROSINT. This is usually temporary and lasts a short period of time.

USE ONLY AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL. These are not all the possible side effects of TIROSINT. Talk to your healthcare provider or pharmacist for more information or for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. For more dosing information, please see the accompanying Full Prescribing Information and Patient Information.



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