

Thyroid Medication + Supplement Timing Rules

Rules, not a timetable. These are the general rules from the Australian levothyroxine label and thyroid guidelines. Your own doctor's or pharmacist's directions always come first.

1

Tablet first, with plain water.

Take it on an empty stomach with a glass of water. Water is the only drink to take it with.

2

Food and coffee: 30 to 60 minutes later.

The Australian label says at least 30 minutes, and preferably 60, before food. Think of coffee, tea, milk and juice the same way as breakfast. Breakfast doesn't need to wait any longer than that.

3

Minerals and supplements: about four hours away.

Calcium, iron, magnesium and zinc, antacids, and any multivitamin or powder with added minerals can bind to the tablet in the gut. The Australian prescribing information says several hours apart; about four hours is the most common advice. If your team gave you a different gap, follow theirs.

4

Soy and fibre: steady, not banned.

Keep soy milk and soy shakes well away from your tablet, at a consistent time. Don't cut fibre; keep it roughly steady, and mention any big change.

5

Biotin before tests: tell, then ask.

High-dose biotin, common in hair, skin and nail products, can make thyroid tests read wrongly. Tell your doctor and the people doing your test, and ask how long, if at all, to stop. Stop only if they say so.

6

The same way, every day.

Your dose is set against your usual routine, based on your tests. The bigger risk comes from changing the routine, not from the routine itself.

7

Tell your doctor about any change.

Moving your coffee, a new supplement, starting or stopping reflux medicine, the pill or HRT, or pregnancy or planning one. If your tablets or packet look different from last time, ask your pharmacist before you start them.

General information, not medical advice. Never change how or when you take prescription medication without speaking to your doctor or pharmacist first.

THE FINE PRINT, MADE PLAIN

If you take it *at night*

Bedtime dosing, on an empty stomach at least three hours after your evening meal, is a recognised alternative. It's a change to discuss with your doctor first, because your dose may need checking. The same logic applies: keep minerals a few hours either side of your tablet.

If you *miss a dose*

The Australian leaflet says to take it as soon as you remember, unless it's almost time for your next dose, in which case skip the missed one. Never take a double dose to catch up. Ask your pharmacist if you're unsure.

Read the label *before you start*

IF THE LABEL LISTS	WHAT TO DO
Calcium, iron, zinc or "added minerals"	Keep it about four hours from your thyroid tablet.
Soy protein or soy isolate	Fine for most people. Keep it well away from your tablet, at a consistent time.
Kelp, seaweed, bladderwrack, iodine	Worth avoiding unless your doctor recommends it, especially with Hashimoto's. Pregnant or breastfeeding? Ask your doctor.
Biotin, vitamin B7, vitamin H	Can make thyroid tests read wrongly. Tell your doctor before a test.
Ashwagandha, withania	May raise thyroid hormone levels. Check with your doctor or pharmacist if you take medication.
Guarana, high caffeine, "fat burner"	Stimulants can mimic or mask symptoms of a dose that is off.

My routine, *in my own words*

I take my thyroid tablet ☐ on waking ☐ at bedtime

MY GAP BEFORE FOOD AND COFFEE _____

WHAT I KEEP ABOUT FOUR HOURS AWAY _____

QUESTIONS FOR MY PHARMACIST _____

NOT SURE ABOUT A BOTTLE?

Take it to your pharmacist. It takes five minutes and costs nothing.

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