FAIRVIEW PHARMACY — EST. 1978

Taking levothyroxine safely

levothyroxine (Synthroid) · thyroid hormone

3 MISTAKES TO AVOID

1. **Not taking it the right way**
   Empty stomach, with water, 30 to 60 minutes before breakfast.
2. **Calcium, iron or antacids too close**
   Keep them at least 4 hours away from levothyroxine.
3. **Using it for weight loss**
   Never for weight loss. Larger doses can be life-threatening.

How to take it

- **Once a day on an empty stomach,** with water, 30 to 60 minutes before breakfast. Same way every day.
- **Missed a dose?** Take it when you remember. Almost time for the next? Skip it. Never 2 doses at once.
- Don't stop or change your dose on your own. Most people take it for life.

Keep 4 hours apart (mistake #2)

- Calcium, iron, antacids, phosphate binders, cholestyramine and similar binders
- Soybean flour, cottonseed meal, walnuts, high-fiber foods and grapefruit juice can also lower absorption.
- **Biotin:** stop it at least 2 days before a thyroid blood test.

Tell your provider

- Heart disease, diabetes, or a blood thinner like warfarin
- **Pregnant?** Tell your provider right away. Your dose often needs to go up.

IMPORTANT

Boxed warning: thyroid hormones, including levothyroxine, must not be used for obesity or weight loss. Larger doses can cause serious or even life-threatening problems.

Tell your provider right away if you notice

- A fast or irregular heartbeat, shaking, sweating, or trouble sleeping (dose may be too high)
- Ongoing tiredness, weight gain or feeling cold (dose may be too low)
- Chest pain or shortness of breath

Keep your thyroid blood tests. Don't change your dose based only on how you feel.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: FDA prescribing information for SYNTHROID (levothyroxine sodium), rev. 2/2024. SYNTHROID is a trademark of its owner.

Scan for the full guide