T3 Supplemental Thyroid Medication
Pope Paul VI Institute

Dear _____,

Dr. Hilgers has reviewed your temperature/pulse log and sign/symptoms checklist. Based upon this data and your thyroid lab results, Dr. Hilgers feels you are a candidate to start T3 therapy, a supplemental thyroid medication. The following is important information regarding T3 therapy:

1. If you are within a week or so of cycle day 1, wait until day 1 to start the medication. If you are at the beginning or middle of your cycle, or if you are not currently having menstrual cycles, you may start the medication the morning after your receive it.
2. You will initially receive 60 tablets of T3 at 7.5 mcg each from Kubat Pharmacy here in Omaha [this is the only pharmacy that Dr. Hilgers uses to compound T3]. Take one tablet every 12 hours, as close to the minute as possible. For maximum benefit, it is best to take this medication on an empty stomach [one hour before you eat or two hours after you eat].
3. While taking T3, you will initially need to monitor your temperatures/pulses four times daily, similar to the initial assessment. We have included a daily log on the back of this letter for recording your data. Please, make copies of the blank log and keep this letter and the blank log for future reference. Be sure to record all information—dose, temperature, pulse rate, and side effects. If you do not experience any side effects, record a 0. If you are having side effects, we would like to talk with you about them. Please average the temperatures daily [exclude the awakening temperature].
4. If having menstrual cycles, record your data according to cycle day and start a new log each cycle day 1. You can make copies of the blank monthly log. This information can be telephoned (402) 390-6600 or faxed (402) 390-9851 to our office. Call or fax us 48-72 hours after starting the medication. Dr. Hilgers will review your data and decide when you should increase the dosage and how often you need to report your temperatures/pulses. Do not change your dose on your own.
5. Dr. Hilgers increases T3 in 7.5 mcg increments. If he instructs you to increase the dosage, wait until the next morning to do so. If necessary, a new prescription for the higher dosage will be called to Kubat Pharmacy for you. Kubats can compound any strength of T3 that the doctor orders for you. Any time your dosage increases, Dr. Hilgers would like to review your temperatures/pulses within 48-72 hours.
6. Once you have reached your maintenance dose [the most therapeutic dose, which varies from person to person], you won't have to collect temperatures/pulses as often. The doctor will determine the frequency at that time, whether it be weekly or monthly.
7. Call Kubats directly for a refill when you have one week of medication left at 1-800-782-9988 or (402) 558-2474, even though the bottle will say no refills. They will fax us a refill request form, and if you have been reporting your temperatures/pulses as instructed, we will authorize your refill. You do not need to call our clinic for refill requests.
8. Dr. Hilgers monitors the effectiveness of T3 therapy primarily by monitoring the temperature/pulse log and how the patient is feeling. Occasionally, the doctor may order repeat thyroid blood levels. Dr. Hilgers prefers to be the one to monitor these labs because T3 will distort some of the values and the report must be interpreted with that in mind. T3 is generally a long term medication and should help alleviate the signs/symptoms you recorded on the assessment sheet; however, the improvement is gradual. If after being on the maintenance dose for a few months, you notice no difference, please let us know.

If you have any questions, please call the nurses at (402) 390-6600. Otherwise, call Kubat Pharmacy at 1-800-782-9988 or (402)558-2474 to have your prescription filled. We have already called the order to them.

T3/9-05