

T3 Medication: Keep for Future Reference

Dear _____,

Date _____

Your doctor has reviewed your temperature/pulse log, sign/symptoms checklist, and thyroid lab results. Your doctor feels you are a candidate to start T3 medication.

- You will receive one-time bill for \$60
- If you are within a week 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 cycles, start the medication the morning after you receive it
- Call Kubat, 1-800-782-9988 or 402-558-2474, (or the pharmacy the nurse talked to you about) to have them send the medication to you
- You will receive 60 capsules of 7.5mcg (or as directed by your doctor) of T3
- Take one capsule as close to every 12 hours as you can, on an empty stomach (one hour before you eat or two hours after you eat), it is more important to take it on time rather than on an empty stomach
- Do not take with antacids or vitamins with T3 medication
- Do not take within a few hours of bedtime as can make sleeping more difficult
- Monitor your temperatures/pulses four times daily, log on back (Make copies for future reference)
- Record all information – dose, temperature, pulse rate, and side effects (0 for no side effects)
- If having side effects increase your water intake, contact us if symptoms do not improve
- Can change the times of temps/pulses, just be consistent once you find times that work for you
- Average the temperatures daily (exclude the awakening temperature)
- If you are in cycles record your date according to cycle day & start a new log on each cycle day 1
- Email log to napronurses@popepaulvi.com if unable to email fax them to 402-390-9851
- Send the log 48-72 hours after starting the medication
- Continue the same dose unless instructed to change it by your doctor
- If you don't get a call with feedback send your log again a week later
- If your dose is changed send the log 48-72 hours after changing the dose
- We change the dose in 7.5mcg increments, so you can take two 7.5mcg capsules, to get 15mcg when it is increased the first time, sending temps/pulses in a timely manner helps you reach maintenance dose quicker
- Always change the dose in the morning so you take the same dose in the morning and evening
- When you need a new prescription/refill call your pharmacy, if we have not already called it in they will fax us a request
- CONTACT PHARMACY FOR REFILL AT LEAST 10 DAYS BEFORE YOU RUN OUT
- You will be able to decrease the temps/pulses once you have been on the maintenance dose for one to two months (generally temps/pulses are done weekly for a while and then monthly)
- When doing weekly/monthly monitoring just cross out one day in between each day you are recording and change the cycle day, if doing cycle reviews send weekly/monthly temps/pulses with your cycle reviews
- Once a year the doctor will repeat thyroid blood levels, we will send you an order and a kit to have the blood sent here, you will receive a bill for the kit
- Because T3 will distort some of the lab values it is best to have our office monitor these levels and not have your general practitioner check the levels
- T3 is generally a long term medication and should help alleviate the signs/symptoms you recorded on the assessment sheet, including infertility and miscarriage (the improvement is very gradual and may take a number of months to reach maximum affect)
- If you become pregnant while taking T3 medication, discontinue it when you are at 28 weeks gestation

Pope Paul VI Institute Physicians' PC

6901 Mercy Rd. • Omaha, NE 68106 • USA • (402) 390-6600 • Fax: (402) 390-9851 • www.popepaulvi.com