Levothyroxine 50micrograms and 100micrograms tablets

Read all of this leaflet carefully before you start taking this medicine. Keep this leaflet. You may need to read it again.

If you have any further questions, ask your doctor or pharmacist.

This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.

- Thyroxine is a hormone produced by the thyroid gland. Levothyroxine is used to replace thyroxine in people whose thyroid gland does not work properly. You will usually need to take this medicine for the rest of your life and must not stop taking it, or change the dose, without speaking to your doctor first.
- This medicine can affect the way other medicines work (See Section 2 ‘Taking other medicines’). If you take medicines that affect thyroxine or to any of the other ingredients (see section 6). You will start off taking a low dose of this medicine and gradually increase it. Your doctor will review your dose at 3-4 week intervals until your thyroid levels are correct. This will help to reduce the chance of side effects.

1. What Levothyroxine is and what it is used for
   - Thyroxine is a hormone which is produced naturally in the body by the thyroid gland. Levothyroxine is a synthetic version of this hormone. Thyroxine controls how much energy your body uses. When the thyroid gland does not produce enough thyroxine (a condition known as hypothyroidism), many of the body's functions slow down. Some of the most common symptoms of hypothyroidism are:
     - tiredness
     - weight gain
     - feeling depressed
   - Levothyroxine tablets are used to replace the thyroxine that your thyroid gland cannot produce and prevent the symptoms of hypothyroidism. Before starting your treatment your doctor will carry out a blood test to work out how much levothyroxine you need.

2. Before you take Levothyroxine
   - Do not take this medicine if you:
     - are allergic to levothyroxine or to any of the other ingredients (see section 6).
     - suffer from an overactive thyroid gland that produces too much thyroid hormone (thyrotoxicosis).
     - have any condition that affects your adrenal glands (your doctor will be able to advise you if you are not sure).
     - have suffered with an under active thyroid gland for a long time.

3. How to take
   - You will start taking levothyroxine tablets if you:
     - have suffered with an under active thyroid gland for a long time.
     - take medicines that stimulate the sympathetic nervous system such as adrenaline, noradrenaline or phenylephrine (a decongestant found in many cold and flu treatments).
     - take medicines that affect the way other medicines work (See Section 2 ‘Taking other medicines’). If you take medicines that affect thyroxine or any of the other ingredients (see section 6).

4. How to store
   - Keep this leaflet. You may need to read it again.
   - Read all of this leaflet carefully before you start taking this medicine.

5. Before you start taking levothyroxine tablets if you:
   - are pregnant particularly in the first three months of your pregnancy.
   - have suffered with an under active thyroid gland for a long time.

6. Taking other medicines
   - Many medicines affect the way levothyroxine works. The effects of other drugs may also be affected by levothyroxine. If you are taking or start taking any other medicines, including over the counter medicines, herbal remedies and vitamin supplements.

The following may affect the way that levothyroxine works:
- medicines for epilepsy such as carbamazepine, phenytoin, primidone and barbiturates
- carbamazepine – used to treat depression and anxiety disorders
- antacids – used to treat indigestion
- medicines containing calcium salts
- cimetidine – used to reduce excess stomach acid
- propanolol – used to treat heart problems
- medicines containing iron that are taken by mouth
- rifampicin – used to treat infections
- atenolol – used to treat heart problems
- beta blockers such as atenolol and sotalol – used to treat high blood pressure and heart problems
- medicines to treat diabetes such as insulin and metformin
- anti-inflammatory medicines such as phenylbutazone or aspirin
- medicines that stimulate the sympathetic nervous system such as adrenaline, noradrenaline or phenylephrine (a decongestant found in many cold and flu treatments).
- medicines that affect the way other medicines work (See Section 2 ‘Taking other medicines’). If you take medicines that affect thyroxine or any of the other ingredients (see section 6).

7. Blood tests
   - Before you start taking levothyroxine your doctor will do a blood test to see how much thyroxine your thyroid gland is making and what dose of the medicine you will need. Once you start taking the medicine your doctor will want to see how well the medicine is working.

8. Taking other medicines
   - Many medicines affect the way levothyroxine works. The effects of other drugs may also be affected by levothyroxine.
   - You must tell your doctor if you are taking or start taking any other medicines, including over the counter medicines, herbal remedies and vitamin supplements.

The following may affect the way that levothyroxine works:
- medicines for epilepsy such as carbamazepine, phenytoin, primidone and barbiturates
- sleeping pills
- medicines containing calcium salts
- medicines containing iron that are taken by mouth
- rifampicin – used to treat infections
- medicines to treat diabetes such as insulin and metformin
- anti-inflammatory medicines such as phenylbutazone or aspirin
- medicines that stimulate the sympathetic nervous system such as adrenaline, noradrenaline or phenylephrine (a decongestant found in many cold and flu treatments).
- medicines that affect the way other medicines work (See Section 2 ‘Taking other medicines’). If you take medicines that affect thyroxine or any of the other ingredients (see section 6).

Important information about some of the ingredients
- amiodarone – used to treat an irregular heart beat
- ritonavir – used to control HIV and chronic hepatitis C virus.
- The following may be affected by levothyroxine:
  - medicines that stimulate the sympathetic nervous system such as adrenaline, noradrenaline or phenylephrine (a decongestant found in many cold and flu treatments).
  - medicines that affect the way other medicines work (See Section 2 ‘Taking other medicines’). If you take medicines that affect thyroxine or any of the other ingredients (see section 6).

Levo Tablets 50 & 100 mcg x 28 & 100's (UK)

Item number: BBBA1970

Dimensions: 148 x 210 Min Body Text Size: 7.75pt

Supplier: Actavis UK

Colours
1. Black
2. 
3. 
4. 
5. 
6. 

Non Printing Colours
1. Profile
2. 
3. 
4. 
5. 
6. 

Approved for print/date

Proof Round 1

FMD info NA (not a carton) ✔

UK-Eire-Artwork-Support@accord-healthcare.com

UK Eire Artwork Support ✔

Accord BST - Packing Technical

Approval ✔

Technical Approved ✔
How to take

You may be taking this medicine for the rest of your life. Always take Levothyroxine tablets exactly as your doctor has told you. If you are not sure, check with your doctor or pharmacist. Your dose will be decided by your doctor and will depend on the results of your blood tests. The dose you should take will be on the label attached by your pharmacist. Swallow the tablets with plenty of water. You should usually take your tablets before breakfast or your first meal of the day.

### Adults:

The usual starting dose is 50-100 micrograms daily. Your doctor may increase the dose you take every 3-4 weeks until your thyroxine levels are correct. Your final daily dose may be up to 100-200 micrograms daily.

### Patients over 50 years of age:

The usual starting dose will be no more than 50 micrograms every day. The dose may then be increased by 25 micrograms every 3-4 weeks until your thyroxine levels are correct. Your final daily dose will be between 50-200 micrograms daily. Patients over 50 years with heart problems:

The starting dose will be 25 micrograms every day or 50 micrograms every other day. The dose may be increased by 25 micrograms every 4 weeks until your thyroxine levels are correct. Your final daily dose will usually be between 50-200 micrograms daily.

### Giving these tablets to children:

The dose for children depends on their age, weight and the condition being treated. Your child will be monitored to make sure he/she gets the right dose. You should give them their medicine at least half an hour before breakfast or their first meal of the day. If necessary, the tablets can be dissolved in 10-15ml of water and given with some more liquid (5-10ml). The dissolved tablets should be taken straight away. Do not keep the solution to give to your child later.

#### Congenital hypothyroidism in infants:

This is a condition where your baby has been born with a thyroid gland that does not produce enough thyroxine. The starting dose is 10-15 micrograms/kg bodyweight per day for the first three months. The dose will then be adjusted depending on how your baby responds to the treatment.

#### Acquired hypothyroidism in children:

This is a condition where your child's thyroid gland stops working properly because it has been attacked by their immune system, e.g. in children with an autoimmune disease or following a viral infection. The starting dose is 12.5 to 50 micrograms a day. The dose should be increased gradually every 2 to 4 weeks depending on how your child responds to the medicine.

#### Juvenile myxoedema:

This is a condition where children and adolescents develop severe hypothyroidism (produce very low levels of thyroid hormones). The starting dose is 25 micrograms every day. The dose will then be increased by 25 micrograms every 4 weeks until your child shows mild symptoms of hyperthyroidism (a condition where the thyroid gland produces too much thyroxine). The dose will then be reduced slightly.

In children over 1 year, initially 2.5-5 micrograms per kg of bodyweight a day should be taken. If you take more Levothyroxine than you should:

If you or someone else swallow a lot of the tablets at the same time, or you think a child may have swallowed any, contact your nearest hospital casualty department or tell your doctor immediately. Signs of an overdose may include: fever, chest pain (angina), racing or irreglar heartbeat, muscle cramps, headache, restlessness, flushing, sweating and diarrhoea. These signs can take up to 5 days to appear.

If you forget to take Levothyroxine:

If you forget to take a dose take it as soon as you remember unless it is nearly time for your next dose. Do not take a double dose. If you forget to give your child their dose, contact your doctor or pharmacist for further advice.

### Possible side effects

Some people may have side effects when taking this medicine.

#### Stopping the tablets:

These tablets are for long term use. You may need to take them for the rest of your life. Do not stop taking the tablets unless your doctor has told you to do so.

#### Possible side effects

Some people may have side effects when taking this medicine.

#### Other information

The active substance (the ingredient that makes the tablets work) is anhydrous levothyroxine sodium. Each tablet contains either 50 micrograms or 100 micrograms of the active substance.

The other ingredients are lactose, magnesium stearate, maize starch, stearic acid and pregelatinised maize starch.

### How to store

Keep out of the sight and reach of children.

Do not store above 25°C. Store in the original package: Keep container in the outer carton.

Do not use Levothyroxine tablets after the expiry date stated on the label/carton/bottle. The expiry date refers to the last day of that month.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

### Reporting of side effects

These tablets are for long term use. You may need to take them for the rest of your life. Do not stop taking the tablets unless your doctor has told you to do so.

### What Levothyroxine tablets look like and contents of the pack

50 microgram tablets are white, circular, biconvex, uncoated tablets. 100 microgram tablets are white, circular, shallow convex, uncoated tablets.

Pack size is 28 and 1000 tablets.

### Marketing Authorisation Holder and Manufacturer

Actavis, Barnstaple, EX32 8NS, UK.

This leaflet was last revised in May 2018.

If you would like a leaflet with larger text, please contact 01271 385257.