

All Things Thyroid Labs

This document contains everything you need to know about getting your labs drawn and important information about how to prepare for your lab review appointment.

STEP ONE: Have your labs drawn AT LEAST 1-2 weeks prior to your appointment. Certain tests can take longer than others, so we need plenty of time to ensure that we have all of your lab results before your appointment.

STEP TWO: On the day you get labs done, take your thyroid medication in the morning as usual and then get your blood drawn according to your medication type below:

- Armour Thyroid, Nature-Throid, NP Thyroid, WP Thyroid, Westroid, compounded sustained release meds: 3-4 hours later.
- Cytomel / Liothyronine (not compounded): 2-3 hours later.
- Synthroid / Levothyroxine / Tirosint: This is very flexible, you can get blood drawn any time of day after taking meds.

STEP THREE: The day before your appointment, watch [THIS VIDEO](#) that explains how your thyroid works. It is EXTREMELY IMPORTANT! This will help you understand some of the things we will discuss. Even if this is your 2nd or 3rd lab appointment, it's still a good idea to review it.

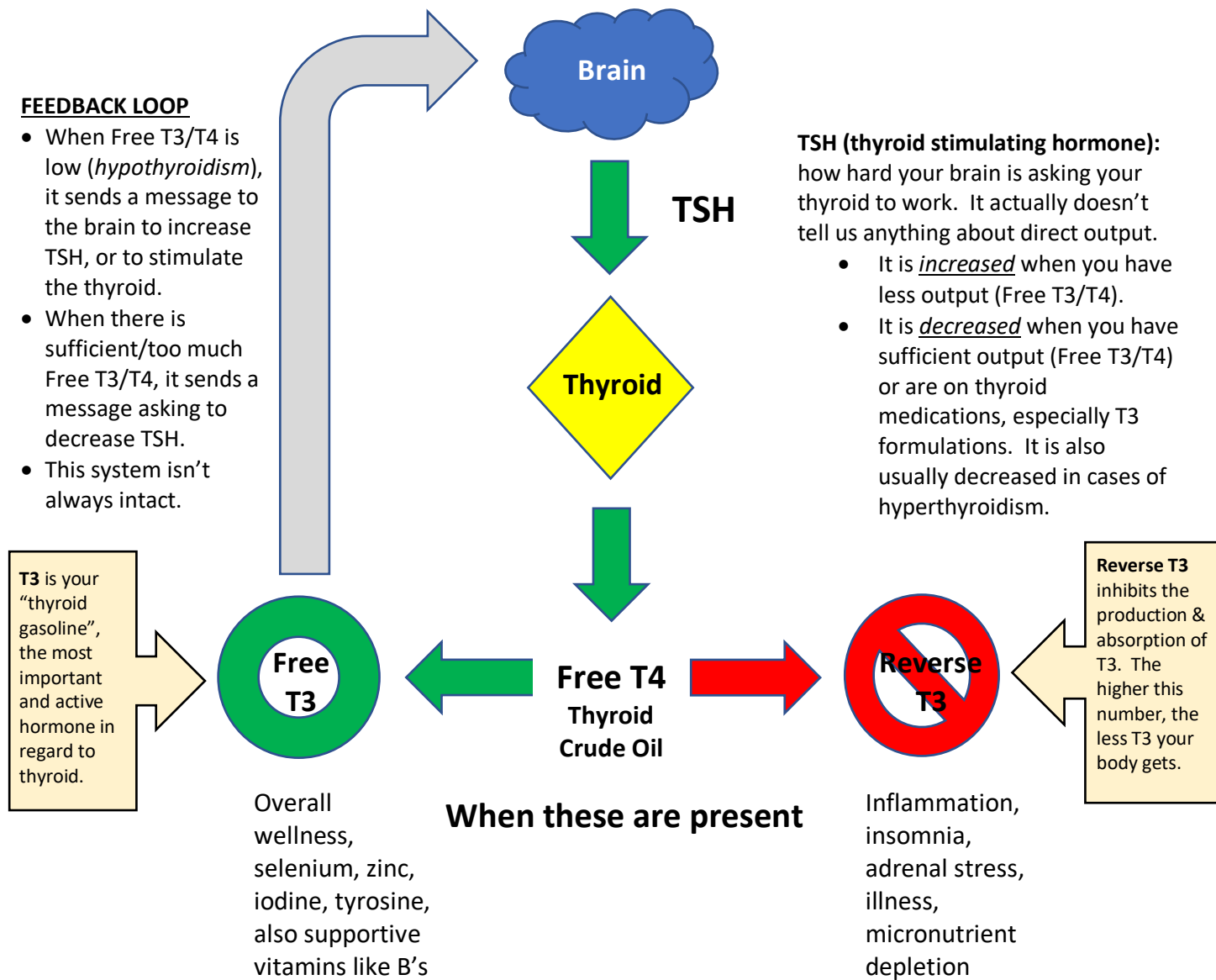
STEP FOUR: A few days before your appointment you will receive a copy of your lab results. Look over and compare them to my preferred ranges below. Please bring a copy with you to your appointment or have one on hand if you are scheduled for a virtual or phone visit.

- **TSH:** always less than 2; ideally closer to 1 and sometimes even less than 1.
- **Free T4:** 0.8 – 1.2
- **Free T3:** 3.4 – 3.9
- **Reverse T3:** Always less 15; ideally less than 12.
- **TPO Antibodies:** Less than 34; ideally less than 14
- **Thyroglobulin Antibodies:** Less than 1

STEP FIVE: Look over the last page of this document and keep it handy during our visit so you can see the graph on how your thyroid and medication work.

STEP SIX: Prepare your questions for our appointment! This will allow us to make the most of our time together and have the most impact on your health!

How Your Thyroid Works



How Thyroid Medications Work

