

# Patient Checklist: Get the Most Out of Your Thyroid Appointments

Use this checklist to prepare for and follow through on your thyroid care appointments.

## BEFORE YOUR APPOINTMENT

### Before Your Appointment

- Track your symptoms: fatigue, mood changes, weight, brain fog
- Write down your top 3 concerns (energy, hair loss, fertility, etc.)
- Bring your full medication & supplement list – include names, doses, and timing
- Note your daily habits: sleep, diet, stress, and exercise
- Bring recent lab results or medical records, especially if seeing multiple providers

## DURING YOUR APPOINTMENT

### During Your Appointment

- Ask about your target TSH levels – what is 'normal' vs. 'optimal' for you?
- Ask about medication consistency – should you stay on the same brand or formulation?
- Understand how to take your medication: timing, food restrictions, and interactions
- Discuss side effects – which symptoms are expected vs. concerning?
- Ask 'what if' questions: What happens if your levels are too high or too low?

## AFTER YOUR APPOINTMENT


### After Your Appointment

- Schedule follow-ups and lab tests before you leave
- Know how to contact your provider – when to call vs. send a message
- Review your care plan – make sure you understand next steps
- Stay consistent with your medication – avoid switching unless advised

## SPECIAL SITUATIONS – TALK TO YOUR PROVIDER IF YOU ARE:

### Special Situations

- Planning pregnancy
- Going through menopause
- Having surgery
- Starting new medications
- Experiencing new or unusual symptoms
- Your medication looks different after a refill

 Some symptoms of menopause and hypothyroidism overlap. If you are unsure which condition is causing your symptoms, proper evaluation by your provider is important.