

Thyroid Thrive Knowledge Check

Answer Key with Thyroid Tips Included | Patient Education Resource

Instructions: Circle the best answer for each question. Review the Answer Key and Thyroid Tips after each question.

1. What does “narrow therapeutic index” mean?

- A. Medication works quickly
- B. Small difference between effective and unsafe dose
- C. Only used short-term
- D. Very expensive medication

Correct Answer: B – Small difference between effective and unsafe dose

Thyroid Tip: With NTI medications like levothyroxine, the gap between a dose that helps and one that harms is very small. That’s why your provider carefully monitors your TSH levels and adjusts your dose in tiny increments.

2. Why is consistency important with thyroid medication?

- A. It lowers cost
- B. It keeps hormone levels stable
- C. It improves taste
- D. It makes the medication work faster

Correct Answer: B – It keeps hormone levels stable

Thyroid Tip: Your thyroid hormone levels are sensitive to changes. Taking your medication at the same time each day, with the same formulation, helps keep your TSH in the target range and your symptoms under control.

3. What can happen if your thyroid dose is too low?

- A. Anxiety
- B. Heart palpitations
- C. Fatigue and weight gain
- D. No symptoms at all
- E. C and D

Correct Answer: E – Fatigue and weight gain, or no symptoms at all

Thyroid Tip: When your thyroid hormone level is too low (hypothyroidism), your body’s metabolism slows down. This can lead to classic symptoms like fatigue, weight gain, brain fog, and feeling cold. However, some people may have no noticeable symptoms at all.

4. What can happen if your thyroid dose is too high?

- A. Fatigue
- B. Weight gain
- C. Anxiety or rapid heartbeat
- D. Constipation


Correct Answer: C – Anxiety or rapid heartbeat

Thyroid Tip: Too much thyroid hormone speeds your body up – like an engine running too fast. This can strain your heart, disrupt sleep, cause nervousness, and even affect bone density over time.

5. True or False: Switching between thyroid medication brands or formulations does not matter.

- True
- False


Correct Answer: False

 **Thyroid Tip:** Different brands and generics can have slight variations in how they are absorbed by your body. Even switching from one generic manufacturer to another can shift your thyroid levels enough to cause symptoms.

6. Which of the following can affect how your thyroid medication works?

- A. Certain foods and supplements
- B. Switching brands
- C. Different formulations
- D. All of the above


Correct Answer: D – All of the above

 **Thyroid Tip:** Thyroid medication absorption is affected by many things simultaneously – what you eat, when you eat it, which version of the medication you take, and even how the pill is made. Keeping all of these factors stable gives you the most predictable hormone levels.

7. What should you do if your medication looks different at the pharmacy?

- A. Ignore it
- B. Stop taking it immediately
- C. Ask your pharmacist or provider
- D. Take extra to make up for the difference


Correct Answer: C – Ask your pharmacist or provider

 **Thyroid Tip:** A different-looking pill often means your pharmacy switched to a new manufacturer's generic. Your pharmacist can tell you exactly what changed, and your provider may want to recheck your TSH levels.

8. When is the best time to take thyroid medication?

- A. With meals
- B. At random times throughout the day
- C. On an empty stomach with a full glass of water
- D. Before bed with food


Correct Answer: C – On an empty stomach with a full glass of water

 **Thyroid Tip:** Taking your medication on an empty stomach maximizes absorption. Food – especially high-fiber foods, coffee, and dairy – can bind to the medication in your gut and prevent it from entering your bloodstream fully. Waiting 30–60 minutes before eating makes a real difference.

9. When should you contact your healthcare provider?

- A. When your symptoms change
- B. When your medication changes
- C. When you feel different after a refill
- D. All of the above

Correct Answer: D – All of the above

 **Thyroid Tip:** You are your own best advocate. Any change – in how you feel, what medication you received, or what your daily routine looks like – can be relevant to your thyroid care. Don't wait for your next scheduled visit if something feels off. Your provider would rather hear from you early.