

## Levothyroxine Absorption Test

Your doctor has recommended that you have a Levothyroxine Absorption Test.

The aim of this leaflet is to provide you with information about the test so that you understand why it is being done and what you need to do to perform the test correctly.

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in alternative languages / formats  
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Na żądanie ta ulotka może zostać  
udostępniona  
w innych językach/formatkach.

**Author:** Specialist Registrar  
**Department:** Diabetes and Endocrine  
**Document Number:** STHK1614  
**Version:** 001  
**Review Date:** 31 / 01 / 2024

## Why do I need to have this test?

Levothyroxine is a synthetic version of thyroxine, a hormone produced by the thyroid gland in the neck.

The purpose of this test is to make sure that your body is able to absorb levothyroxine tablets adequately.

Adequate absorption of levothyroxine in people with an underactive thyroid is needed for normal body functioning.

## Should I fast or stop any medication prior to the test?

You should ensure that you do not take iron tablets, calcium tablets or cholestyramine tablets before the test.

If you are taking phenytoin, rifampicin or carbamazepine, please let your Endocrinologist know as it can affect the test results. You should fast from midnight on the days of the test (except water).

## What does the test involve?

Please arrive 15 minutes before your appointments. You will be asked to visit the department 5 times over a period of 4 weeks.

We will administer all the levothyroxine you need at these visits. During the 4 week period, you **should not** take your own levothyroxine.

The first visit will take 2 hours. We will take some blood samples and give you levothyroxine dissolved in water.

You will then be asked to attend the department for 1 hour on a weekly basis for the next 3 weeks to give you more levothyroxine.

At the last appointment, we will take a blood sample to complete the test.

No side effects are expected to occur during this test.

You should restart your own daily levothyroxine tablets the day after the last test until your Endocrinologist has written to you with further information.

## How will I find out the results?

Your Endocrinologist will write to your GP with the results of the test. A copy of this letter will usually be sent to you also.

## What if I need advice?

We have a secure confidential answer machine available and email service for patients requiring advice from the Endocrinology Nurse Specialist.

Messages will be assessed and returned in priority order.

The Endocrinology Nurse Specialist may be out of the office at times, so please leave a short message including:

- your full name
- hospital number and
- contact number

They will contact you as soon as possible, this may be on the next working day.

If your enquiry is a medical emergency please contact your own GP, 111, 999 or attend your local accident and emergency.

## Further information?

You can contact the Endocrinology Nurse Specialist with any questions you may have.

If your enquiry is for the Endocrinology Medical Team please contact their secretaries through the hospital switchboard.

## The Endocrinology Nurse Specialist

Tel: 07881 928 197

Email address:

[endocrinology.nurse@sthk.nhs.uk](mailto:endocrinology.nurse@sthk.nhs.uk)