

# Thyroid Function Follow-up Care Instructions

Dear [Patient's Name],

Thank you for your recent visit. As discussed, below are your follow-up care instructions regarding your thyroid function:

## 1. Medication

Take your prescribed medication, [Medication Name], as directed. Ensure to take it at the same time every day for optimal effectiveness.

## 2. Follow-up Appointments

Please schedule a follow-up appointment in [time frame] to monitor your thyroid levels. You can contact our office at [Office Phone Number] to set this up.

## 3. Symptoms to Watch For

Be alert for any changes in symptoms, such as:

- Increased fatigue
- Changes in weight
- Heart palpitations
- Mood changes

## 4. Lifestyle Recommendations

Maintain a balanced diet rich in iodine, limit stress, and engage in regular physical activity. Keep a consistent sleep schedule to support your overall health.

## 5. Emergency Signs

If you experience severe symptoms such as chest pain or trouble breathing, seek immediate medical attention.

For any questions or concerns, do not hesitate to contact our office. Your health is our priority.

Sincerely,

[Your Name]  
[Your Title]  
[Clinic Name]  
[Contact Information]