

# Hypothyroid Symptoms Questionnaire<sup>1</sup>

Understanding the symptoms of hypothyroidism and keeping track of them is important. Having a better understanding of your symptoms can help you in discussing your condition and treatment options with your healthcare provider. Bring this completed questionnaire to your next appointment to help you speak more clearly about your symptoms.

## How to use the questionnaire<sup>1</sup>

- 1 Circle the number next to each symptom that best describes the severity you have felt since your last visit (for example, a mild score for fatigue would have a value of 2, a severe score for fatigue would have a value of 4, etc)
- 2 Add up the values you have circled for each symptom and total your score
- 3 A total score of 13 or higher may mean a discussion with your thyroid healthcare professional could help address your persistent clinical symptoms<sup>1</sup>

Symptoms	Absent (none)	Minimal	Mild	Moderate	Severe
Dry skin	0	1	2	3	4
Fatigue	0	1	2	3	4
Weight gain	0	1	2	3	4
Cold intolerance	0	1	2	3	4
Muscle stiffness	0	1	2	3	4
Puffiness	0	1	2	3	4
Early awakening	0	1	2	3	4
Memory loss	0	1	2	3	4
Feeling blue	0	1	2	3	4
Total					

Adapted from Brokhin M, Danzi S, Klein I. Assessment of Adequacy of Thyroid Hormone Replace Therapy in Hypothyroidism. *Front Endocrinol (Lausanne)*. 2019;10:631. doi:10.3389/fendo.2019.00631. <https://pubmed.ncbi.nlm.nih.gov/31620087/>

**Remember, only your healthcare professional can help you determine how to address your hypothyroidism. This questionnaire is an aid to discussion and NOT meant to diagnose hypothyroidism or recommend specific treatments.**

This questionnaire is based on a study in which people with hypothyroidism rated how severe their symptoms were, which was then compared with thyroid function test results. It was shown to correctly identify patients with TSH elevation and clinical/subclinical hypothyroidism based on their clinical signs and symptoms.<sup>1</sup>

To download a copy of the questionnaire, please scan the QR code to the right or visit <https://npthyroid.com/>



Please see reverse for Important Risk Information, and for full Prescribing Information, including BOXED WARNING, please scan QR code to the left or visit [npthyroid.com](https://npthyroid.com)



**Note that DTE Products, including NP Thyroid®, have not been reviewed by the FDA for safety or efficacy.**

## **INDICATIONS AND IMPORTANT RISK INFORMATION, INCLUDING BOXED WARNING**

### **INDICATIONS**

NP Thyroid® (thyroid tablets, USP) is a prescription medicine that is used to treat a condition called hypothyroidism from any cause, except for cases of temporary hypothyroidism, which is usually associated with an inflammation of the thyroid (thyroiditis). It is meant to replace or supplement a hormone that is usually made by your thyroid gland.

NP Thyroid® is also used in the treatment and prevention of normal functioning thyroid goiters, such as thyroid nodules, Hashimoto's thyroiditis, multinodular goiter, and in the management of thyroid cancer.

### **IMPORTANT RISK INFORMATION**

**Drugs with thyroid hormone activity, alone or together with other therapeutic agents, have been used for the treatment of obesity. In euthyroid patients, doses within the range of daily hormonal requirements are ineffective for weight reduction. Larger doses may produce serious or even life-threatening manifestations of toxicity, particularly when given in association with sympathomimetic amines such as those used for their anorectic effects.**

- NP Thyroid® is contraindicated in patients with uncorrected adrenal insufficiency, untreated thyrotoxicosis, and hypersensitivity to any component of the product.
- In the elderly and in patients with cardiovascular disease, NP Thyroid® should be used with greater caution than younger patients or those without cardiovascular disease.
- Use of NP Thyroid® in patients with diabetes mellitus or adrenal cortical insufficiency may worsen the intensity of their symptoms.
- The therapy of myxedema coma requires simultaneous administration of glucocorticoids.
- Concomitant use of NP Thyroid® with oral anticoagulants alters the sensitivity of oral anticoagulants. Prothrombin time should be closely monitored in thyroid-treated patients on oral anticoagulants.
- In infants, excessive doses of NP Thyroid® may produce craniosynostosis.
- Partial loss of hair may be experienced by children in the first few months of therapy but is usually transient.
- Adverse reactions associated with NP Thyroid® therapy are primarily those of hyperthyroidism due to therapeutic overdose.
- Many drugs and some laboratory tests may alter the therapeutic response to NP Thyroid®. In addition, thyroid hormones and thyroid status have varied effects on the pharmacokinetics and actions of other drugs. Administer at least 4 hours before or after drugs that are known to interfere with absorption. Evaluate the need for dose adjustments when regularly administering within one hour of certain foods that may affect absorption.
- NP Thyroid® should not be discontinued during pregnancy, and hypothyroidism diagnosed during pregnancy should be promptly treated.

Revised 10/23



For full Prescribing Information, including **BOXED WARNING**, please scan QR code or visit [npthyroid.com/pi](https://npthyroid.com/pi).

#### REFERENCE

1. Brokhin M, Danzi S, Klein I. Assessment of the Adequacy of Thyroid Hormone Replacement Therapy in Hypothyroidism. *Front Endocrinol (Lausanne)*. 2019;10:631. doi:10.3389/fendo.2019.00631



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