



THYROID AUSTRALIA LTD

SUPPORT FOR THOSE WITH THYROID CONDITIONS,
THEIR FAMILIES AND FRIENDS

HOW TO OBTAIN INTERMEDIATE DOSES OF THYROXINE

MEGAN STEVENS

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At times your doctor may prescribe doses of Oroxine or Eutroxsig (the thyroxine brands used in Australia) other than the standard available doses of 50, 100 or 200 micrograms (mcg). The table below shows how these intermediate doses can be achieved by taking different doses on different days of the week. This averaging is possible because thyroxine stays in the blood for many days after you swallow the tablets. The daily doses shown in the table give the average daily dose as shown in the right column.

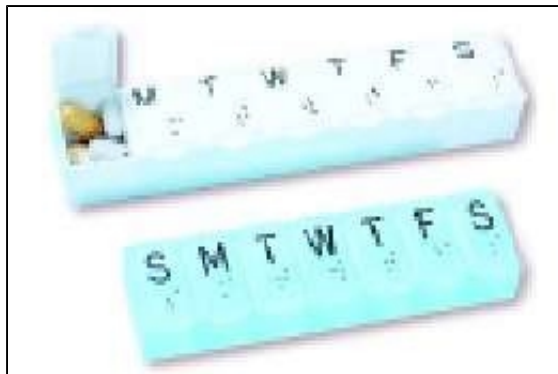
Daily Thyroxine Dose in micrograms							Average Daily Dose in mcg
MON	TUE	WED	THU	FRI	SAT	SUN	
25	0	0	0	0	0	0	= 3.6
25	0	0	25	0	0	0	= 7.1
25	0	25	0	25	0	0	= 10.7
25	0	25	0	25	0	25	= 14.3
50	0	0	50	0	0	0	= 14.3
50	0	25	0	50	0	0	= 17.9
50	0	50	0	50	0	0	= 21.4
25	25	25	25	25	25	25	= 25.0
50	0	50	0	50	0	50	= 28.6
50	25	50	25	50	25	25	= 35.7
50	25	50	25	50	25	50	= 39.3
50	50	50	50	50	50	50	= 50.0
75	50	50	75	50	50	50	= 57.1
75	50	75	50	75	50	50	= 60.7
100	50	50	100	50	50	50	= 64.3
100	50	100	50	100	50	50	= 71.4
100	50	100	50	100	50	100	= 78.6
100	75	75	100	75	75	75	= 85.7
100	75	100	75	100	75	100	= 89.3
100	100	100	75	100	100	75	= 92.9
100	100	100	75	100	100	100	= 96.4
100	100	100	100	100	100	100	= 100.0
150	100	100	100	100	100	100	= 107.1
150	100	100	150	100	100	100	= 114.3
150	100	150	100	150	100	100	= 121.4
150	100	150	100	150	100	150	= 128.6
150	100	150	100	150	150	150	= 135.7
150	150	150	150	150	150	100	= 142.9
150	150	150	150	150	150	150	= 150.0
200	150	150	150	150	150	150	= 157.1
200	150	150	200	150	150	150	= 164.3
200	150	200	150	200	150	150	= 171.4
200	150	200	150	200	150	200	= 178.6
200	150	200	150	200	200	200	= 185.7
200	200	200	200	200	200	150	= 192.9
200	200	200	200	200	200	200	= 200.0

You can use other combinations to produce other average doses.

You can use a pill splitter (such as the one illustrated below) to cut 50 mcg tablets in half to obtain a 25 mcg equivalent. These can also be added to 50 mcg tablets to get a 75 mcg equivalent.



You can then store your weekly supply of tablets in a seven-day pill box such as this one.



Sigma Pharmaceuticals Pty Ltd (the manufacturers of Oroxine and Eutroxig) have assured us that, despite their new recommendation that their thyroxine tablets need to be refrigerated, decanting a week's supply and keeping them out of the fridge for seven days will not adversely affect the potency of the tablets.

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