



THYROID AUSTRALIA LTD

SUPPORT FOR THOSE WITH THYROID CONDITIONS,
THEIR FAMILIES AND FRIENDS

HOW TO OBTAIN INTERMEDIATE DOSES OF THYROXINE

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At times your doctor may prescribe doses of Oroxine or Eutroxig (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	
							= 3.6
							= 7.1
							= 10.7
							= 14.3
							= 14.3
							= 17.9
							= 21.4
							= 25.0
							= 28.6
							= 35.7
							= 39.3
							= 50.0
							= 57.1
							= 60.7
							= 64.3
							= 71.4
							= 78.6
							= 85.7
							= 89.3
							= 92.9
							= 96.4
							= 100.0
							= 107.1
							= 114.3
							= 121.4
							= 128.6
							= 135.7
							= 142.9
							= 150.0
							= 157.1
							= 164.3
							= 171.4

=	178.6
=	185.7
=	192.9
=	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.

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

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Sigma Pharmaceuticals Pty Ltd (the manufacturers of Oroxine and Eutroxsig) have assured us that

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Top