Questions for a clinician

Bring this prompt sheet to a primary-care or specialist visit

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General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

Understanding the tests

- What do my TSH and free T4 results mean together?
- Would repeat testing or thyroid antibodies add useful information?
- Could biotin, another supplement or a medicine affect the results?
- Could the pituitary or another condition affect interpretation?

Treatment discussions

- Which treatment classes should we discuss, and what monitoring would be needed?
- How should calcium, iron, antacids or other medicines be handled?
- What are the safety considerations for liothyronine or desiccated thyroid products?
- How could pregnancy, fertility or breastfeeding change the plan?

Follow-up and referral

- When should symptoms or blood tests be reviewed?
- Which symptoms should prompt urgent care?
- When might an endocrinology referral be useful?
- What is a realistic next step if symptoms continue despite a thyroid result in range?

Sources opened and checked 20 November 2026

Canadian Task Force thyroid dysfunction: https://canadiantaskforce.ca/guidelines/published-guidelines/asymptomatic-thyroid-dysfunction/

Canadian Task Force clinician FAQ: https://canadiantaskforce.ca/wp-content/uploads/2024/06/CTFPHC_Thyroid-Dysfunction_Clinican-FAQ_BW_Final_2024.pdf

CMAJ / PubMed screening guideline: https://pubmed.ncbi.nlm.nih.gov/31740537/

HealthLink BC hypothyroidism: https://www.healthlinkbc.ca/healthwise/hypothyroidism

HealthLink BC thyroid hormone tests: https://www.healthlinkbc.ca/healthwise/thyroid-hormone-tests

Thyroid Foundation of Canada information package: https://thyroid.ca/wp-content/uploads/2023/06/TFC-Information-Package-1.pdf

Government of Canada postpartum care: https://www.canada.ca/en/public-health/services/publications/healthy-living/maternity-newborn-care-guidelines-chapter-5.html

Ontario OHIP coverage: https://www.ontario.ca/page/what-ohip-covers

Ontario medication coverage: https://www.ontario.ca/page/medication-coverage-results

Ontario Health811: https://www.ontario.ca/page/your-health

American Thyroid Association adult hypothyroidism: https://www.thyroid.org/hypothyroidism/

American Thyroid Association hormone treatment: https://www.thyroid.org/thyroid-hormone-treatment/

American Thyroid Association pregnancy guideline resource: https://www.thyroid.org/association-guidelines-management/

USPSTF thyroid screening: https://www.uspreventiveservicestaskforce.org/uspstf/index.php/recommendation/thyroid-dysfunction-screening

NICE NG145: https://www.nice.org.uk/guidance/ng145

NHS underactive thyroid: https://www.nhs.uk/conditions/underactive-thyroid-hypothyroidism/

European Thyroid Association levothyroxine guideline: https://pubmed.ncbi.nlm.nih.gov/40622204/

ATA hypothyroidism booklet: https://www.thyroid.org/wp-content/uploads/patients/brochures/Hypothyroidism_web_booklet.pdf