



Thyrotoxicosis Shared-Care Scheme Patient Information Sheet

You have already received an information sheet about thyrotoxicosis (or overactive thyroid) and its treatment, and you have started a course of medical treatment with **carbimazole**. We have also agreed with your general practitioner that the best way to keep an eye on your thyroid will be via our new 'shared-care' scheme - in which most of the visits & blood tests occur at your GPs surgery.

Please read this information carefully - the success of your treatment will depend on you remembering to visit your GP for prescriptions and blood tests at the correct times:

- Your first visit to the clinic is about 2 months after starting carbimazole. This visit will last about an hour. You will see the Nurse Practitioner, Nicki Kieffer, who will go through details of your illness and explain the condition and the working of the shared-care scheme. You will then also meet Dr Howlett, or a member of his medical team, for medical examination.
- We will probably plan to treat you with carbimazole continuously for **18 months**.
- The likely dose of carbimazole is single, 20mg tablet once per day - but we will confirm this.
- **Every 2 months during treatment you need to visit your GP for a thyroid blood test** - and for a prescription if appropriate. It is essential that your GP sends the blood sample request from to the laboratory using the blood forms which we will send you.
- We will get the result of the blood test from the laboratory and will then write to you and your doctor to let you know about any changes in drug dose which may be necessary. If you don't get a letter 2 weeks after the blood test then ring the 'hot-line' number below.
- At some stage during treatment we are likely to recommend the addition of a thyroid replacement tablet - **thyroxine**. When we advise you to start this tablet you will need to visit your doctor for a prescription (and it may entitle you to exemption from prescription charges - ask your chemist for details). **You will need to take this tablet as well as the carbimazole.**
- If all goes well, we will arrange to see you again in the clinic one year after you first visit. At that visit we will explain the way we want you to stop carbimazole, explain what blood tests you will need after treatment stops and discuss what treatment we might recommend if the thyroid trouble ever comes back again.
- **Telephone 'Hot-Line'**: Nicki Kieffer, the nurse practitioner, will look after a telephone 'hot-line' which you can ring if you have any questions or worries about your condition or about the treatment. If the problem cannot be sorted out easily on the phone, or by your GP, then we can always arrange to see you soon in the clinic.

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