VITALS VAULT

FREE GUIDE

Thyroid Results
Check and Ask

A one-page sheet to log thyroid results with dates, spot what can throw a result off, and ask better questions at your next visit. It does not interpret your numbers.

LOG EACH THYROID TEST

Date	TSH	Free T4	Lab	Medicine change noted

BEFORE A DRAW, TICK WHAT APPLIES

- [ ] Same lab as last time
- [ ] No recent illness
- [ ] No big stress this week
- [ ] Biotin and supplements noted
- [ ] Medicines listed
- [ ] Time of day written down
- [ ] Iodine products noted
- [ ] Weeks since any change noted

HOW LONG TO WAIT

T4 has a half-life of about 8 days, so levels settle slowly. One monograph suggests rechecking TSH and free T4 every 4 to 8 weeks until stable for people on replacement. Your clinician sets your schedule.

QUESTIONS TO ASK

- [ ] When is my next TSH and free T4 due, and why that date?
- [ ] Should free T4 be checked along with my TSH?
- [ ] Could biotin, illness or a medicine be skewing this result?
- [ ] Is my lab's range adjusted for my age?
- [ ] Should cholesterol or a blood count be checked with my thyroid labs?

Sources: Thyroid diagnosis review (2025); TSH monograph (Andersen 2002; Vanderpump 1995). Our own checklist. Monitoring interval is general, not personal.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com