**Discharge Letter**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dear Patient,

You were referred to our Endocrinology Clinic for assessment of your **thyroiditis (thyroid inflammation)**. At this time, you no longer need follow-up at our clinic.

This letter includes your care instructions and test results. Please follow up with your primary care provider. They will also receive a report with this information.

**Care instructions**

You no longer have thyroiditis (thyroid inflammation). Follow the next steps as marked below.

* You do not need medication
* You should continue taking Levothyroxine \_\_\_\_\_\_\_\_ mcg/day

There is a greater than 5% chance that the thyroid inflammation will come back and it’s possible that this may turn into an going problem called hypothyroidism. As a result, we recommend getting your TSH checked:

* Once a year
* Before trying to get pregnant
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_

Please see your doctor sooner if:

* You have symptoms of underactive thyroid: lower energy, feeling cold, constipation, and unexplained weight gain.
* You have symptoms of overactive thyroid: unexplained weight loss, rapid heart rate, shaking, feeling hot.
* You are planning to become pregnant or you are pregnant

**Blood work results**

TSH (thyroid stimulating hormone) at presentation: \_\_\_\_\_\_\_\_\_\_

Free T4 at presentation: \_\_\_\_\_\_\_\_\_\_

TSH at discharge: \_\_\_\_\_\_\_\_\_\_

**Imaging results**

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