
Levothyroxine and Diet

Levothyroxine works best when the stomach is empty. After taking levothyroxine, wait 30-60 minutes before eating or drinking.

Certain medications can interact with levothyroxine and cause it to not work as well if taken together. Levothyroxine should be taken 4 hours before or after taking:

- Kayexelate
- Orlistat
- Sevelamer
- Sucralfate
- Antacids (including aluminum or magnesium hydroxide, simethicone)
- Some cholesterol medicines (including cholestyramine, colesevelam, colestipol)
- Stomach medicines (including omeprazole, pantoprazole, lansoprazole)
- Multivitamin or mineral supplement that contains calcium or iron



Important to Note:

- Wait 3 to 4 hours before using tube feeding products.
- Cottonseed meal, dietary fiber, espresso coffee, walnuts, or grapefruit/grapefruit juice may decrease the absorption of levothyroxine. Talk with your doctor if you have questions.
- Biotin, a common supplement, can cause falsely high or falsely low TSH, T4, and T3. This can lead to a wrong diagnosis, or it might seem like the thyroid hormone dose is too high.
- Avoid taking Biotin at least 2-3 days before blood is drawn.
- Check all vitamin/mineral labels to see if they have biotin.