



# MEDICATIONS THAT AFFECT THYROID FUNCTION TEST RESULTS: WHAT YOU NEED TO KNOW!



## Supplements: Always Ask!

- Biotin at doses of 1 mg or higher
- Iodine or kelp
- Any “Thyroid Support”—sometimes they contain thyroid hormone!

Not sure if they are affecting the result? Stop biotin for 3 days or other supplements for 2 weeks and retest.



## Medications

- Decreases TSH:  
Prednisone  $\geq$  20 mg
- Alters T4: Phenytoin, carbamazepine, and heparin.  
Trust the TSH!

## Amiodarone: A Special Case

- Test TSH levels before initiating amiodarone and every 6 months while taking it
- Can cause hypothyroidism or hyperthyroidism
- Also decreases conversion of T4 to T3. Expect higher T4 and lower T3 values. Trust the TSH!



## Take Home Points:

1. Review all supplements and medications
2. Consider repeating thyroid tests prior to making a diagnosis

### LEARN MORE

More details on this and other thyroid-related topics are available online at [www.thyroid.org](http://www.thyroid.org)

### References:

Burch HB. Drug Effects on the Thyroid. N Engl J Med. 2019 Aug 22;381(8):749-761. doi: 10.1056/NEJMr1901214. PMID: 31433922.



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