

INSTRUCTIONS FOR ADMINISTERING THYROXINE (THYROID HORMONE) TO INFANTS

1. Thyroxine administration is essential to ensure normal physical and mental growth of babies with congenital hypothyroidism (deficiency of thyroid hormones since birth)
2. Give the dose of the medicine as advised by the doctor. Blood tests for TSH and T4 are periodically necessary and serve as a guide to know the correct dose.
3. Thyroxine is only available as a tablet and no liquid preparations are available.
4. Keep the tablets away from the reach of young children and avoid exposure to sunlight.
5. The tablet is given once daily (usually in morning). The medication time and technique should be uniform from one day to the next.
6. Take 5-10 ml of breast milk (for children below 6 months) or water (after 6 months of age) in a small clean cup or *katori*. Soak and crush the tablet and administer this suspension directly with a spoon or dropper. Then again mix the small amount of remaining medication with a little milk or water and administer again.
7. Do not add the medicine to a feeding bottle. Do not crush the tablet with a spoon or a pestle either directly or in a paper. This is likely to lead to loss of medicine and incomplete dose.
8. The medicine needs to be given daily. Special attention should be paid during illness, festivals, functions or travel so as not to miss a dose. If you forget to give the medicine in morning, you can still give it later in the day or even the next day.
9. To ensure daily administration, techniques like use of a pill box or marking on a calendar can be used.
10. If iron or vitamin supplements are being given, please inform your doctor of the same. These should be given after 3-4 hours of thyroxine.

Remember that thyroxine treatment taken in the right dose and with correct technique can ensure completely normal physical and mental growth of a child with congenital hypothyroidism.