

T3 Titration



How to start liothyronine and find the optimal dose.

The idea is to go up slowly, cut out caffeine temporarily if you have too, and find the dose that feels just right.



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Adjusting Your T3 Dose

(LIOTHYRONINE/CYTOMEL)

*Your Prescription will read as follows: **Cytomel 5mcg tablet, take 1 tablet by mouth twice daily***

We want to **SLOWLY** increase your dose, so **please follow the chart below:**

*****IMPORTANT*****

IF at any point you change the T3 dose and you feel worse, not better,
then go back and **STAY** at prior week's dose.

Please call the office if you have any questions.

(1 TABLET = 5MCG ½ TABLET = 2.5MCG)

WEEK #	Morning Dose	Noon Dose (Take BEFORE 3pm)	How do you feel? (Circle One)
WEEK #1 (Day 1-7)	½ Tablet	(NONE)	Same, Better, Worse
WEEK #2 (Day 8-14)	½ Tablet	½ Tablet	Same, Better, Worse
WEEK #3 (Day 15-21)	1 Tablet	½ Tablet	Same, Better, Worse
Week #4 (Day 22-28)	1 Tablet	½ Tablet	Same, Better, Worse
WEEK #5 (Day 29-35)	1 Tablet	1 Tablet	Same, Better, Worse

Same dose for 2 weeks



If you consume caffeine, cut intake by ½ over the first week...

MORE INFO

Continue cutting dose in half until you are **completely off caffeine by week #5!**

ON BACK

(You will be able to consume caffeine again, once your body is used to having normal thyroid levels).

ADDITIONAL INFORMATION:

Your clinical picture shows that your body does not seem to be efficiently activating the thyroid pre-hormone, T4. We are going to bypass the T4 your thyroid is making, by taking bio-identical T3 (the active thyroid hormone). You will have more T3 and that will improve the T3:RT3 ratio. In turn, this should increase your metabolism and energy, which usually improves your blood sugar, cholesterol, and other normal functions.

Here are a few considerations when trying to find your Best T3 Dose and Not to “Overshoot”:

- T3 pills come in limited dosages (5, 25, 50). Most people must use a pill-cutter to get their doses "just right."
- If you are unable to divide your doses, take the larger amount in the AM. T3 will give you energy.
- You **must** wean-off all your caffeine and non-prescription stimulants as you build your T3 dose. This is temporary, but important. You **NEED** T3, but caffeine plus T3 can cause shakiness, jitteriness, difficulty sleeping, and hyperactivity. You can slowly add caffeine back in once we find your “right dose.”
- With each dose increase, you will feel either the same, better or worse. If you feel worse once you increase, return to the previous dose where you felt better. Call office if you have any questions.
- As T3 doses are increased, the adrenal glands need to be supported meaning that women on hormone replacement therapy may need more estrogens and people with insulin-resistance will become more sensitive to a "bad" diet. (We will discuss more about the adrenal glands at your next visit).
- Keep taking the T3... unless, you and the doctor have agreed for you to wean off.
- Don't run out of medication!!!