

Thyroid Lab Result Tracking

Medication & Dose	Date									Example	My Comments
T4 - Levothyroxine (Synthroid)										88 mcg	Levo at bedtime, T3 5 mcg in morning and 5 mcg in afternoon
T3 - Liothyronine (Cytomel)										10 mcg	
Desiccated Thyroid (Armour)											
Test Name	Range									LabCorp	Before morning dose
TSH	(0.450-4.500)									0.5	
Free T4	(0.82-1.77)									0.98	
Free T3	(2.0-4.4)									3.1	
Total T3	(80-200)										
Total T4	(4.5-12.5)										
Reverse T3	(9.2-24.1)									14	
Tg Antibody (TgAb)	(0.0-0.9)									<0.1	
Thyroglobulin (Tg)	(1.5-38.5)									<0.1	
Calcitonin (MTC only)	(0.0-5.0)										
CEA (MTC only)	(0.0-4.7)										
Parathyroid (PTH)	(15-65)									25	
Ferritin	(15-150)									28	Request iron panel
TIBC	(250-450)										
UIBC	(118-369)										
Iron	(27-139)										
Iron Saturation	(15-55%)										
Vitamin D	(30-100)									55.2	
Vitamin B12	(232-1245)									680	
Folate	>3.0									391	
Sodium	(135-145)									139	
Chloride	(96-106)									101	
Potassium	(3.5-5.2)									3.8	
Calcium	(8.7-10.3)									9.5	
Magnesium	(1.6-2.3)									2.0	
Phosphorus	(3.0-4.3)									3.6	
Alkaline Phosphatase	(48-121)									93	Good bone markers