

Thyroid Lab Questions Checklist

Bring this to your appointment. Ask better questions. Get a fuller picture.

A TSH result above your lab's range with a normal free T4 is a starting point, not a verdict. US guidelines are clear that one draw is not enough to define the pattern. Use this sheet to organize what you know and what to ask.

1 Write down your actual numbers

A value means nothing without the range it came from. Ranges differ between LabCorp, Quest, and hospital labs.

- ☐ TSH result and my lab's reference range
Result _____ Range _____ to _____ mIU/L
- ☐ Free T4 result and range
Result _____ Range _____ to _____
- ☐ Date and time of day the blood was drawn
Date _____ Time _____
- ☐ Name of the lab that ran it
Lab _____

2 Questions to ask your clinician

- ☐ Should we repeat this test before deciding anything?
Roughly half of mildly raised TSH results settle on their own. Ask what interval they suggest.
- ☐ Are thyroid antibodies worth adding to my panel?
TPO antibodies show whether an immune process is involved. Often not ordered by default.
- ☐ Could anything have skewed this draw?
Recent illness, biotin supplements, new medications, time of day, pregnancy or recent birth.
- ☐ What would make you consider treatment, and what would make you wait?
US guidance generally reserves treatment for TSH above 10 mIU/L.
- ☐ Would you check free T3 or reverse T3, and why or why not?
- ☐ What else could explain how I have been feeling?
Ferritin, vitamin D, B12, and a metabolic panel are common places to look.
- ☐ Is antibody testing covered under my plan?

3 Before your blood draw

- ☐ Ask whether to pause biotin, and for how long
High-dose biotin is common in hair and nail supplements and can skew thyroid panels.
- ☐ Book the draw at a consistent time of day
TSH runs highest in the early morning and shifts day to day.
- ☐ List every supplement and medication you take
- ☐ Note any illness in the past several weeks

Bring this whole sheet with you. Clinicians have limited time. Arriving with your numbers written down and your questions ready changes what you get out of the visit.

