



Name:
Phone (719) 630-3276

Date:
Fax (719) 635-4377

1. Make a list of all meds, doses, and frequencies taken and fax or mail it in.
 - a. Carry a copy on your body and put an extra in the glove compartment of your car.
2. STOP ALL HERBAL SUPPLEMENTS
3. Take Levothyroxine pills in the following fashion
 - a. Take 1 pill every morning, on an empty stomach, with only water
 - b. Wait 30-60 minutes to eat or drink anything
 - c. Write down brand/manufacturer, shape and color of pill, and #'s and letters on the pill.
4. Check your Blood Pressure 1-3 times weekly
 - a. Goal BP is <130/80, virtually always
 - b. Call this office, or your PMD if
 - i. BP over 140/90 x 3, or over 150/95 x 2, in 2 weeks
5. Take 2 Children's Chewable Multivitamins per day (ie. generic Flintstones).
 - a. Each serving needs 400IU Vitamin D and 3-400mcg of Folic Acid.
6. Calcium goal is 1500mg/d, all sources.
 - a. Maximum of 600mg per setting.
 - b. Any type or brand of calcium with vitamin D is equivalent
 - c. I prefer the *taste* of generic Caramel Viactive.
7. For weight loss efforts, I recommend Weight Watchers, Flex Points System
 - a. Online is less expensive
 - b. Use daily points only, no weekly flex points
 - c. Use Fiber pills, ½ to 1 hour before largest meal.
8. NO ORAL DECONGESTANT IN ANY FORM, RX OR OTC!!!
 - a. Use 12 hour afrin generic, at bedtime only.
 - b. Use 4 hour nasal decongestant spray, max 2 times daily, during day.
 - c. Use Nasal saline spray as much as you want
 - d. Use Nasal Saline 'rinses' 1-2 times daily, ask at pharmacy counter.
9. For general cold symptoms
 - a. Ecchinachea, Vit C, and Zinc (lozenge form ONLY) have very slight benefit, if taken when you have a cold.
 - b. Zinc nasal spray can kill off nose nerves so that you can't smell/taste anything anymore!!!