The Ridings Medical Group
Caring for our community

Important information about your thyroid medication

To all patients taking Carbimazole or Propylthiouracil (PTU)

This is an annual safety update for our patients taking Carbimazole or Propylthiouracil (PTU) for an overactive thyroid.

These medications are safe and highly effective for the vast majority of people. However, as part of our routine safety monitoring, we want to remind you about a rare side effect so you know what to do if it ever happens.

In a very small number of patients, these medicines can cause a sudden drop in white blood cells. This temporarily reduces your immune system's ability to fight off infections.

Symptoms to look out for: If you develop any of the following symptoms for no obvious reason, it could be an early warning sign:

- A severe sore throat
- Mouth ulcers
- A high temperature (fever)
- Feeling generally unwell with signs of infection

What to do if you get these symptoms:

1. **Stop taking your medication immediately.** Do not take your next dose.
2. **Seek medical advice the same day.** Contact the surgery, call NHS 111, or visit your nearest Urgent Treatment Centre or A&E.
3. **Take this information and your medication with you.** Tell the doctor you take Carbimazole or PTU and need an urgent blood test (a Full Blood Count) to check your white blood cell levels.

If your blood test comes back normal, a doctor will confirm that it is safe to restart your medication. Do not restart it until you have been told to do so.

The team at The Ridings Medical Group