Diary of a Hypo (thyroid that is)

Warning this is a long rambling post. Don’t really know why I am posting this but just need to get it out to some people who understand the situation, and it may be helpful to others – who knows!

My OH is gearing up for a stimulated Tg test. This is to see how successful his second round of RAI in February was. Our hospital has never mentioned the possibility of Thyrogen injections so it’s the old come off your meds and go hypo route… Yay such fun for all!!

Week 1

OH swapped from T4 onto T3 on the 1st August. Busy week planned as it was OH’s birthday, the first week we were able to take his girls away on holiday and we knew it would be his last week of normal-ish energy levels. He did well for the holiday, apart from being able to fall asleep at the drop of a hat whilst travelling about, but then so did his daughters (9 and 11)!! We packed a lot in including 2 days in Edinburgh – which is absolutely stunning, but the paths are almost vertical in places!

Week 2

Second week on T3 and the condition we like to call ‘Thyroid Brain’ kicked in. This is how we describe the fuzzy headed, loss of concentration, inability to find the right word feeling that comes on as you start getting hypo. Kinda like having a really heavy cold or the flu –not quite with it. Monday was back to work – OH left his laptop at home. Tuesday working from home, went to have a short screen break – woke up 2 hours later. Wednesday back in the office – forgot his work access pass! His boss told him to set his out of office and they would see him once he was back on the meds.

Week 3

First week off the T3. Lots more napping now in between bursts of energy and feeling ‘normal’. Anything that needs concentration is very tiring. Appetite dropping off, but this leads to blood/sugar level issues – feeling wobbly, lightheaded, shaky if too long between meals. Since his hemi my OH generally feels hot, and often gets the sweats. It’s been known that he is sitting there in just his shorts with the fan on, while I have got a hoodie on and blanket over me! Well this is the week that he is starting to feel cold so it’s all hoodies and blankets for him from now on.

So now we are getting to the end of week 3 and heading towards week 4 – the second week of no thyroid replacement meds. Having been here before for the two rounds of RAI what am I expecting?

Lots of sleeping and not much eating. An inability to follow the plot of any programmes or films that we watch – if he manages to stay awake longer than 10 minutes into them that is. Anything that needs concentration is out. Conversations need to consist of short, to the point sentences on my side – to which I will get half-finished words and sentences back. Simple questions only. “Are you hungry/thirsty?” just about ok… “what do you want to eat/drink?” no chance!

Then after the blood test (yes all this for a poxy blood test!!) it will be 4-5 weeks before he is back (energy and concentration wise) to where he was before he stopped taking his T4.

Ah well – the things we do for love!