Nurse-Led Thyroid Virtual Clinic

This leaflet explains what happens in the virtual clinic for patients with a thyroid condition called Graves Disease.

What does this clinic do?

The Nurse-Led Thyroid Virtual Clinic helps improve continuity of care by ensuring blood test results for thyroid function are reviewed and your treatment is monitored and adjusted if needed.

How is this clinic 'Virtual'?

You do not need to attend hospital. The clinic is held via telephone calls made by the Endocrine Nurse, based within the Diabetes and Endocrinology Centre.

The nurse will send you a blood test form every 6-8 weeks. Please make sure that you have your blood test a week before your telephone appointment.

Your blood test results will then be looked at by the clinical team and depending on the result, the nurse will inform you of the result and as to whether any drug dose adjustments are required.

How often will these virtual 'follow-ups' be?

The Endocrine Nurse will telephone you every six to eight weeks for the next 12-18 months, to review your blood test results and make any changes to your thyroid medication as necessary (Carbimazole or Propylthiouracil).

What happens after 12-18 months?

If your blood test results are satisfactory, your medication will be stopped after either 12 or 18 months. We then monitor your thyroid hormones every two months for 6 months.

If your thyroid hormones have remained stable, then the nurse or endocrine doctor will discharge you back to your GP with instructions regarding how often your thyroid hormones should be checked.

The recommendation is that you should have your thyroid hormones checked at 3 months and if these remain stable, 6 monthly for the first year and then annually thereafter (or earlier should you feel unwell and think the symptoms of hyperthyroidism are returning).

The symptoms of hyperthyroidism (overactive thyroid) are available on your information leaflet on Graves Disease which you were given at your clinic visit.

What if I feel that my Graves Disease has returned?

You will need to see your GP who will then refer you back to the endocrine consultant for further treatment including:

- Radioiodine treatment
- Surgery
- Medication

If you have any questions about this clinic, please contact:

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Useful websites

http://www.btf-thyroid.org/
http://www.british-thyroid-association.org/

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

V Fazal-Sanderson, RBFT Centre for Diabetes and Endocrinology, November 2026
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