

Please use the space below to write down any questions you may have and bring this with you to your next appointment.

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The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit [www.uhb.nhs.uk/health-talks.htm](http://www.uhb.nhs.uk/health-talks.htm) or call 0121 371 4323.

**Endocrine**

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**University Hospitals Birmingham**  
NHS Foundation Trust

**Queen Elizabeth  
Thyrotoxicosis  
Service**

**Building healthier lives**

**UHB is a no smoking Trust**

To see all of our current patient information leaflets please visit [www.uhb.nhs.uk/patient-information-leaflets.htm](http://www.uhb.nhs.uk/patient-information-leaflets.htm)

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## Welcome to the the Queen Elizabeth Thyrotoxicosis Service, otherwise known as QuETS.

### What is QuETS?

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QuETS is a remote follow-up clinic for patients with thyrotoxicosis (an overactive thyroid gland). This clinic enables the treatment of your thyroid condition to be carefully monitored through regular blood testing while reducing the number of face-to-face clinic appointments. Face-to-face clinic appointments will still be part of your routine care.

### Who is eligible for QuETS?

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Patients who have been referred to the Thyroid Clinic at Queen Elizabeth Hospital Birmingham with a diagnosis of thyrotoxicosis and are receiving either a course of anti-thyroid drugs or have received radioiodine treatment.

### How does QuETS work?

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- A blood test will be arranged by the thyroid specialist nurse (see arranging blood tests). Blood tests are usually performed every six weeks until your

thyroid function is under control. This is then moved to three or six-monthly.

- A letter will be sent by the thyroid specialist nurse advising you and your GP about the result and will include the following information:
  - a) the treatment that we currently think you are on, if any
  - b) whether you need to start, stop or change your treatment based on the result
  - c) when the next blood test is due
  - d) whether you need a face-to-face clinic appointment

### Arranging blood tests

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We will arrange blood tests at the Queen Elizabeth Hospital in the Thyroid Phlebotomy Clinic (appointment letter will be sent). If your GP sends blood tests to the Queen Elizabeth Hospital, you may have an option to have a blood test at your GP surgery, if your GP is happy to do so.

### Contacting us

If you are unable to attend an appointment or you would like to contact the service to discuss QuETS in more detail, please call **0121 371 6950** or email **EndocrineSecretaries@uhb.nhs.uk**