Carbimazole/Propylthiouracil (PTU) warning

Department of Endocrinology
To the patient:

Warning: please read this now.
Carbimazole/PTU treatment and sore mouth I throat.

You have been started on carbimazole treatment for an overactive thyroid. This is a very safe treatment that has been used for many years.

However, very rarely, a patient reacts to the drug with a sudden loss of white blood cells (‘neutrophils’) from the blood.

This puts he/she at very high risk from infections and the drug MUST BE STOPPED IMMEDIATELY. The first sign of this happening is A SEVERE SORE MOUTH OR THROAT FOR NO OBVIOUS REASON.

If you suspect this may have happened:

1. Do NOT take any more doses of the tablet.
2. Contact an emergency doctor or a casualty department

THE SAME DAY (even if it is a weekend) and show him this letter and / or the tablets.
To the doctor:

This patient is on CARBIMAZOLE or PTU. If he/she has a sore throat or mouth it may indicate agranulocytosis, a very rare side effect.

Please:

1. Stop carbimazole/PTU immediately.

2. Check neutrophil count urgently, **NOT** just the total white cell count (which may be normal). If the neutrophil count is < 1.0 do **NOT** recommence treatment and admit patient for neutropaenia. If the neutrophil count is 1.0 - 2.0, measure it again the next day off treatment. If it is >2.0, it is safe to continue treatment.

3. Carbimazole/PTU and thyrotoxicosis also cause a mild reduction in white cell count which is of no significance. A skin rash on carbimazole/PTU is also common and does not indicate neutropaenia.
There is a link to a short video about thyroid treatment on our website, [www.bsuh.nhs.uk/services/diabetes-and-endocrinology](http://www.bsuh.nhs.uk/services/diabetes-and-endocrinology)