

Thyroid Nodule Monitoring Tracker

For the woman who is paying attention. Most nodules are watched over time, so the most powerful thing you can do is keep a clear record. Fill this in, bring it to every ultrasound, and notice the pattern.

My Details

Name	_____	Date of birth	_____
First found	_____	Endocrinologist	_____
Last ultrasound	_____	Next ultrasound	_____

My Nodules, Visit by Visit

Record each nodule at each scan. Size is usually three numbers in centimeters. TI-RADS is the ultrasound risk score your radiologist assigns.

Date	Side (R / L / Isthmus)	Size (cm)	Solid or Cystic	TI-RADS	Change since last	FNA done? Result

My Labs, Visit by Visit

Ask for a full panel, not a lone TSH. Free T3, reverse T3, and antibodies tell the deeper story.

Date	TSH	Free T4	Free T3	TPO Ab	Tg Ab	Notes

How I Am Feeling

Mark the date you first notice each one. Patterns over time matter more than any single day.

Symptom	Noticed (date)	Notes
Fatigue		
Brain fog		
Weight change		
Neck pressure or fullness		
Trouble swallowing		
Voice changes		
Mood, low or anxious		
Cold intolerance		

Questions to Ask at Every Visit

- What is the size and TI-RADS score of each nodule today?
- Has anything changed since my last scan?
- Do I need an FNA biopsy, and if not, why not?
- Am I a candidate for ablation (RFA) instead of surgery?
- What are my latest TSH, free T4, free T3, and antibody levels?
- Would selenium or other support be reasonable for me?
- When should my next ultrasound be?