

Severn Regional Consensus on Testing for & Treatment of thyroid dysfunction during pregnancy, November 2013

This guideline is for women who are NOT taking Thyroxine and are NOT KNOWN to have active thyroid disease.

Who to test

We advise testing for **TSH & TPO antibodies at booking** if a woman has any of the factors below:

- Type 1 Diabetes
- Coeliac Disease
- Addisons Disease
- Pernicious anaemia
- Goitre
- Past history of thyroid surgery / head or neck irradiation
- Past history of abnormal thyroid biochemistry / thyroid disease
- Past history of postpartum thyroiditis
- Recurrent miscarriage (2 or more)
- Previous preterm delivery
- First degree relative with thyroid disease

Interpretation of results

TPO	TSH	Action	Post partum
Negative	Within laboratory reference range	No treatment required	
	Above laboratory reference range	1. TSH up to 10: start Thyroxine 50mcg od 2. Titrate thyroxine/ refer to joint endocrine ANC as per local hypothyroid pregnancy protocol	Stop if family complete. If planning further pregnancy discuss with patient
		1. TSH > 10: start Thyroxine 75mcg od 2. Discuss with Maternity Endo team 3. Titrate thyroxine / refer to joint endocrine ANC as per local hypothyroid pregnancy protocol	Continue lifelong
Positive	2.5mIU/L or less	No treatment required	
	Above 2.5mIU/L & within laboratory ref range	1. Start Thyroxine 50mcg od 2. Titrate thyroxine / refer to joint endocrine ANC as per local hypothyroid pregnancy protocol	Stop if family complete. If planning further pregnancy discuss with patient
		Above laboratory reference range	1. TSH up to 10: start Thyroxine 50mcg od 2. Titrate thyroxine / refer to joint endocrine ANC as per local hypothyroid pregnancy protocol
	1. TSH > 10: start Thyroxine 75mcg od 2. Discuss with Maternity Endo team 3. Titrate thyroxine / refer to joint endocrine ANC as per local hypothyroid pregnancy protocol		
	2.5 mIU/L or less & recurrent miscarriage	Discuss with Maternity Endocrine team	

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References:

1. Management of Thyroid Dysfunction during pregnancy and postpartum: An Endocrine Society Clinical Practice Guideline
<http://www.endo-society.org/guidelines/upload/Thyroid-Exec-Summ.pdf>