

Useful contact details

Maternity Thyroid Service,
Lister Hospital (phone or text) ☎ 0782 578 0546
Email: thyroidinpregnancy.enh-tr@nhs.net

Maternity Triage, Lister Hospital ☎ 01438 286168

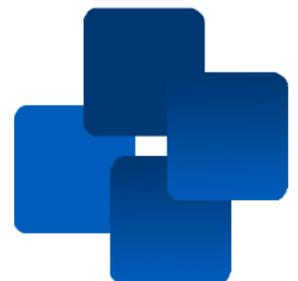
Maternity Reception ☎ 01438 284533

Antenatal Appointments ☎ 01438 286031

Patient Information

Management of Hypothyroidism in Pregnancy

Women's Services



Introduction

The purpose of this leaflet is to provide you with information about the Maternity Thyroid Service and the management of hypothyroidism (underactive thyroid) for pregnant women in an otherwise low risk pregnancy.

Aims of the Maternity Thyroid Service

Our aim is for women with pre-existing or newly diagnosed hypothyroidism (underactive thyroid) and an otherwise low-risk pregnancy to remain under midwifery-led care throughout their pregnancy. During this time, your thyroid functions will be monitored by an obstetric doctor, with the support of endocrinology consultants. This will mean that you will not need to attend additional consultant led antenatal clinic appointments unless you develop any other pregnancy related complications during the course of your pregnancy.

How does this service work?

At your initial maternity booking, your midwife will have assessed whether you require consultant-led care or whether you are low-risk in the pregnancy and suitable for midwife-led care. During your maternity care, details of your thyroid function will be passed on to the joint obstetric/endocrine team for monitoring and assessment.

Routine thyroid function blood test will be carried out at:

- ◆ the initial booking of pregnancy appointment;
- ◆ 16-18 week antenatal check;
- ◆ 28 week antenatal check. If you have previously been treated for Grave's disease, we will also check your thyroid stimulating immunoglobulin (TSI) at this stage as well.

Additional blood tests will be done 4 weeks after any change in your dose of Levothyroxine (you will be advised if this is required).

Blood test results

After your pregnancy booking appointment, you will be contacted with results and advice regarding the blood test taken for thyroid function. For all further blood tests, we request that you contact the maternity thyroid service via email or text message (see the back page for contact details) to advise them that more recent blood results will be available.

Your results will be checked by an obstetric doctor within 1-2 weeks. You will be notified of your results and any change to your medication by your preferred contact method, i.e. text message or phone call. This will be followed up with a letter to both you and your GP.

If you require a new prescription, we will send it to you or arrange for you to collect it from your local hospital (either Lister or New QEII Hospital). We will also provide you with a form for additional blood tests if required.

Antenatal care

As well as your hospital antenatal and thyroid blood test appointments, you will continue to have your routine antenatal appointments with your community midwife (or in a general consultant-led clinic if you have any additional risks).

If there are difficulties in managing your thyroid function, you may then need to be seen in the Antenatal Clinic at either Lister Hospital, Stevenage or New QEII Hospital, Welwyn Garden City.

After your pregnancy, we advise you to see your GP after 6 weeks to continue monitoring your thyroid function as normal.

What if I feel unwell during my pregnancy?

If you feel unwell, and you believe that this may be related to your thyroid, we would advise you to contact your GP.

If you feel unwell, and you feel that this may be related to your pregnancy, we advise you to contact your GP, midwife, or Maternity Triage at Lister Hospital.