

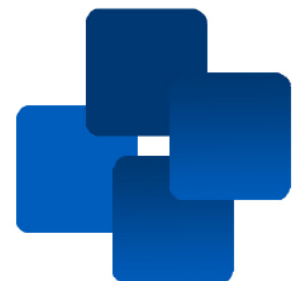
## Useful contact details

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 function will be monitored by a consultant obstetrician, with the support of endocrinology consultants. You will receive an appointment date and time slot for a telephone consultation. 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. This will be an allocated telephone consultation on a specific date and time. For all further blood tests, these will be ordered electronically and we will advise you of the date you will need to attend. Your results will be checked by a consultant obstetrician prior to your next telephone consultation. We will explain your results and any change to your medication. 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).

## 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.