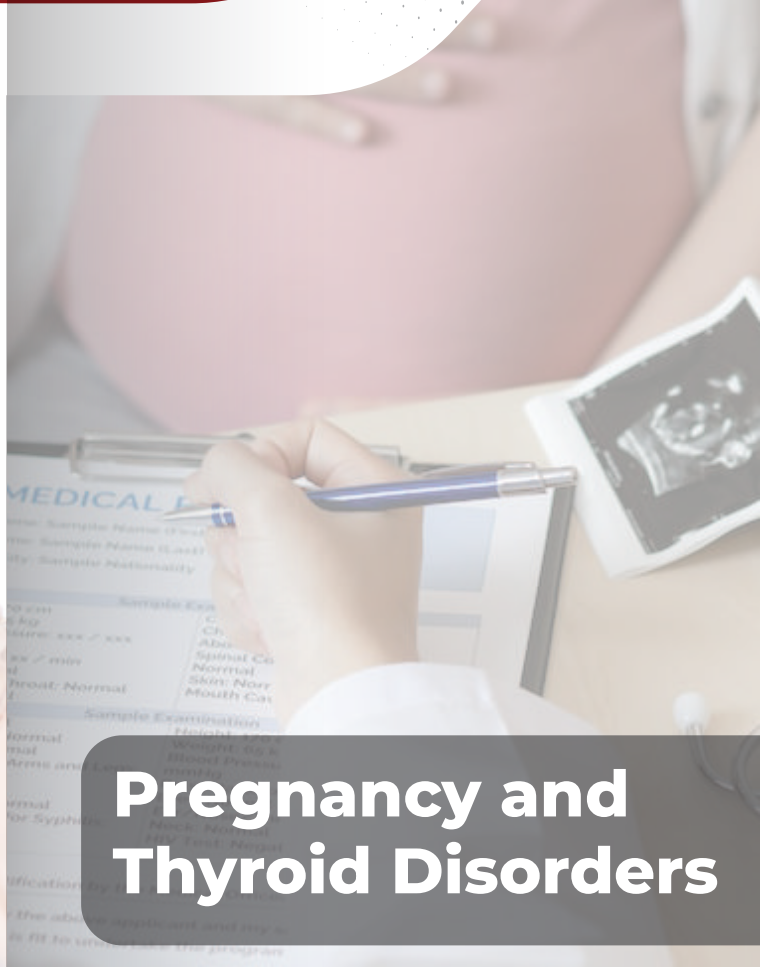


Shalamar Hospital is striving to provide our patients quality health care, at lowest possible costs. Our hospital is continually active in pioneering new treatments and therapies to improve the lives of people in our community.



Pregnancy and Thyroid Disorders

ENDOCRINE SURGERY CLINIC
Department of Surgery, Shalamar Hospital

📍 Shalimar Link Road, Lahore.
☎ +92 (42) 111-205-205 Ext: 325

📘 Shalamar74
🌐 www.shalamarhospital.org.pk

Pregnancy and Thyroid Disorders

- An undiagnosed or uncontrolled thyroid disorder can make it harder to conceive and can cause problems during pregnancy.
- If you are taking any thyroid medication, or if you have a history of thyroid problems, speak to your doctor or specialist to arrange thyroid function tests as soon as you find out you are pregnant.

Hypothyroidism (Underactive Thyroid Gland)

1. As soon as you know you are pregnant it is usually recommended that your levothyroxine is increased immediately by 20-50 mcg daily. You should then contact your doctor and arrange to have a thyroid function test.
2. It is recommended that your thyroid stimulating hormone (TSH) should be less than 2.5mU/l in the first trimester (or first 12 weeks) of pregnancy and less than 3.0mU/l after that
3. Arrange to have follow up blood tests every 4-6 weeks during pregnancy and a further one a few weeks after delivery.
4. After delivery you will probably need to return to your pre- pregnancy dose of levothyroxine but you should discuss this with your doctor before making any changes to your dose.

Hyperthyroidism (Overactive Thyroid Gland)

1. Discuss your plans for pregnancy with your endocrinologist before you try to conceive as it may be necessary to change your medication, or in some cases it can be stopped.
2. If you are being treated with antithyroid drugs, and you haven't already discussed your pregnancy plans with them beforehand, you should contact your endocrinologist or surgeon as soon as possible after

pregnancy is confirmed as it may be necessary to adjust your medication.

3. You may need to have your thyroid blood tests checked every 4 weeks throughout the pregnancy but not all patients will need checks this frequently. This will be decided by your endocrinologist.

