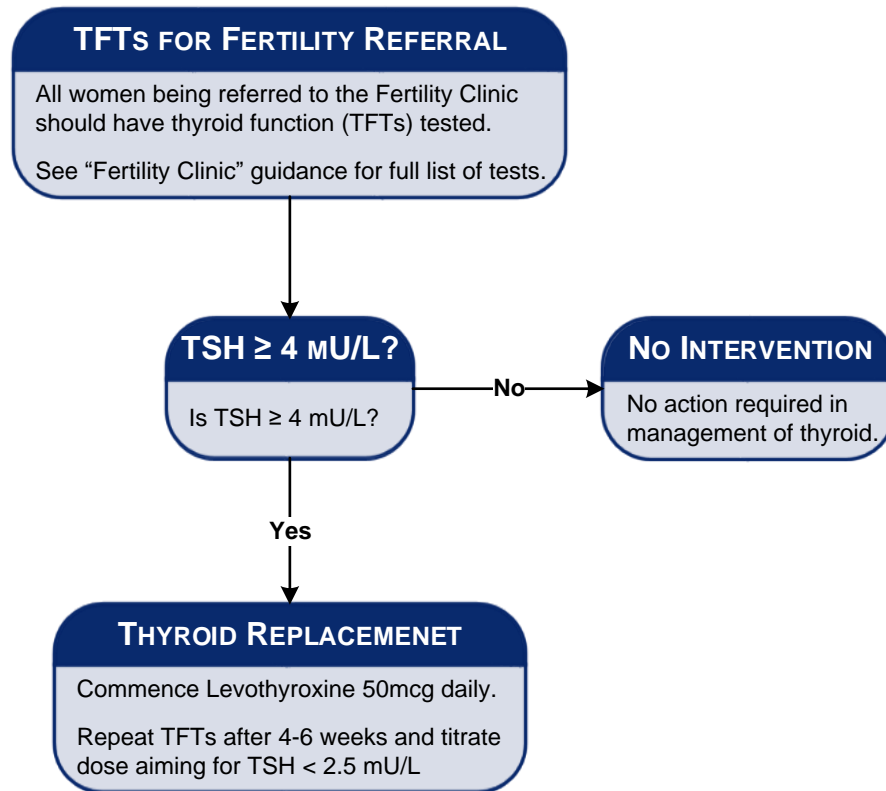


Fertility Clinic – Thyroid Testing



Levothyroxine dose titration - It is acceptable to have TSH below normal range while trying to conceive as long as free T4 is within normal range. Check TFTs 6 weekly, we recommend the Levothyroxine dosage increments (if TSH >2.5) or decrements (If FreeT4 above normal range of 10-24pM) are made by 25 mcg steps after every 6 weekly test during the titration period.

Pregnancy - Due to increased levothyroxine dose requirement during pregnancy the dose of levothyroxine needs to be increased by 25 mcg for women on ≤100 mcg and by 50 mcg for women on >100 mcg at positive pregnancy test. Repeat TFTs 4 weeks after this initial dose increase and in each trimester thereafter (e.g.16, 28, 34 weeks). In the first trimester aim to maintain FreeT4 levels in the upper quartile i.e. 20-25pM and TSH ≤2.5 mU/l. In the second and third trimesters aim to keep TSH in the normal range. In most cases there would not be a need to be referred to the obstetric endocrine clinic.

Post-partum - The levothyroxine dose should be returned to the pre-pregnancy dose or discontinued if levothyroxine commenced for subclinical hypothyroidism and TFT's checked at 2-3 months. Patients should be advised to have annual thyroid testing and to commence levothyroxine when attempting for next pregnancy.

Version – 2	Title – Fertility Clinic - Thyroid Testing	Department – Reproductive Medicine	FINAL
Creator – Abha Maheshwari	Lead – Abha Maheshwari	Last Review – 02 July 2019	Next Review – 02 July 2021