

THYROID DISORDERS IN PREGNANCY REFERRAL GUIDELINE

Maine Medical Partners - Women’s Health Div. Reproductive Endocrinology & Infertility
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High Risk Suggested Emergent Consultation	Moderate Risk Suggested Consultation or Co-management	Low Risk Suggested Routine Care
Symptoms and Labs Hyperthyroidism affecting pregnancy Abnormal TSH, elevated T ₄ Elevated heart rate, tremors, palpitations Hypothyroidism affecting pregnancy TSH greater than 2.50 fatigue Thyroid mass difficulty with swallowing Abnormal thyroid U/S Thyroid nodules	Symptoms and Labs Fatigue Tremors Hair loss Palpitations Weight gain Labs: TSH, Total T ₃ and T ₄ , Free T ₄ , TPO, TBG	Symptoms and Labs Fatigue Hair loss Weight gain with abnormal TSH result Labs: TSH, Total T ₃ , Total T ₄ , F Free T ₄
Suggested Previsit Workup Call MMP REI and speak to Dr. Spratt’s MA regarding urgent referrals Labs: TSH, Free T ₄ , Total T ₄ Total T ₃ , TPO, TBG, Thyroglobulin U/S Thyroid	Suggested Workup Repeat: TSH, Free T ₄ , Total T ₄ Total T ₃ Follow up thyroid labs in 6 weeks if medication prescribed	Suggested Management Follow up labs if needed

CLINICAL PEARLS