

South Australian Perinatal Practice Guideline

Thyroid Disorders in Pregnancy

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The *Thyroid Disorders in Pregnancy* Perinatal Practice Guideline (PPG) version 1 has been rescinded. The PPG is currently being updated.

Identifying women at increased risk and testing information

Please refer to The Australian Government Department of Health [Pregnancy Care Guidelines section 46: Thyroid dysfunction](#) for information and guidance on the following:

- Background information on hyperthyroidism and hypothyroidism
 - Definitions
 - Incidence
 - Symptoms
 - Risks associated with thyroid dysfunction in pregnancy
- Testing for thyroid dysfunction
 - Identifying women at increased risk of thyroid dysfunction
 - Timing of testing
 - Discussing rationale for and implications of thyroid testing with women

Referral

Any woman with abnormal TSH results need consultation +/- referral to an obstetric physician or endocrinologist for treatment options.

Note: A woman with overt hypothyroidism (thyroid-stimulating hormone [TSH] > 10) needs urgent treatment to avoid adverse effects on the fetus.

Reference

Department of Health (2020) *Clinical Practice Guidelines: Pregnancy Care*. Canberra: Australian Government Department of Health

Document version control

Approval Date	Version	Who approved New/Revised Version	Reason for Change
08/07/2021	V1.1	Clinical Governance, Safety and Quality Policy Domain Custodian	Version 1 rescinded following risk assessment
10/08/2004	V1	SA Maternal and Neonatal Clinical Network	Original Maternal and Neonatal Clinical Network approved version.

