

Patient information hypothyroidism

In Blekinge, all pregnant persons have their thyroid tested (TSH).

The thyroid, which is located at the front of the throat, produces hormones that affect almost all of the body's functions and also controls the body's metabolism. If the thyroid does not produce enough hormones, this can result in hypothyroidism. This lowers the body's metabolism and makes it react sluggishly. Even slight changes to the thyroid's hormone production are treated if you are pregnant, as they can affect the child's development.

Blood samples are used for diagnosis

The doctor makes a hypothyroid diagnosis by looking at the levels of the thyroid hormone thyroxine and the hormone TSH in blood samples. Low levels of thyroid hormones combined with high levels of TSH are typical for hypothyroidism. To determine if the hormone imbalance is caused by other factors, such as an autoimmune disease, the level of antibodies against thyroid peroxidase, known as TPO antibodies, is also checked.

Treatment

Hypothyroidism is treated by taking the thyroid hormone thyroxine in tablet form. **You take the tablet regularly at the same time every day.** The treatment aims to balance your metabolism. When you are being treated, have your levels checked regularly using blood samples. This is usually done every four to six weeks, until a suitable dose has been found. **On the day of your blood sample, you do not take your tablet until after the sample has been taken.** If the treatment begins during pregnancy and you only need a low dose, it is often possible to end the treatment after birth.

Other medications can interfere with the effect

The effect of the tablet may be reduced if it is taken along with certain other medicines. When you begin taking a medicine for the first time, you need to check if it is compatible with any other medicines you may be taking. It is important to discuss this with the doctor or midwife.

After the child is born

In some cases, treatment can stop completely after the delivery. The dose usually needs to be lowered after you have given birth. You will continue to have check-ups at the health centre. Your midwife or doctor will inform you of the details.

Learn more at 1177 and hypothyroidism

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Blekinge Women's Health Centres