

If you require this information in large print, plain text, audio or Braille please contact the Patient Information Team on 0203 816 3251



Thinking of having a baby?: Thyroid Problems and Pregnancy

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City and Hackney
Clinical Commissioning Group



THYROID DISORDERS:

HOW TO OPTIMISE YOUR HEALTH BEFORE PREGNANCY

If you have an underactive thyroid, it is important that this is well controlled before you become pregnant. This is because there is evidence to show that if your thyroid is underactive during the first and early part of the second trimester, it can affect the intellectual development of your child.

Therefore, before becoming pregnant, you should have your thyroid function blood test (TFTs) checked and your thyroid treatment should be optimised so that your TSH level is <2.

Your thyroid medication (thyroxine) may need to be increased to achieve this and it is likely that your dose will be increased during pregnancy too.

You will need to have your TFTs checked every 6-8 weeks during your pregnancy.

If you have had previous thyroid surgery, radioiodine treatment, or an overactive thyroid, you may be referred to a specialist at the preconception clinic before getting pregnant.

Local Voluntary Services

Service	Description	Contact Details
Anna Freud Centre	Collection of services for families. Social Care.	0207 794 2313
Bikur Cholem	Orthodox Jewish MH Support Network/Services	020 8800 7575
Bump Buddies	Shoreditch Trust based support network	http://www.shoreditchtrust.org.uk/health-and-wellbeing/bump-buddies/
CAMHS	Children and Adolescent Mental Health Services	GP Referral
Children's Centre	Children's day care and activity centres.	https://www.learningtrust.co.uk/ChildcarePlay/Pages/Children'sCentresandNurses.aspx
CMHT Adult Mental Health	Community Mental Health	GP Referral
CYPS	Children and Young People's Service	GP Referral
Derman	Turkish/Kurdish support service	020 7613 5944
Ezer Leylolds	Orthodox Jewish family support group	020 8800 2488
First Steps	CAMHS Service	020 7683 4611
Hackney Wellbeing	Centre for Better Health	020 8985 3570
Mind	Mental Health Charity	020 8985 4239
Netmums	Online Support Network/Services	https://www.netmums.com/hackney
Off Centre	Young People's MH Service Hackney	020 8986 4016
Orbit	Drug and Alcohol Support for Mothers	020 7749 9850

Support and advice ctd:

Please see overleaf a table of local pregnancy related services for a variety of needs that may well be of interest to you.

Support and advice:

There are many local voluntary services to contact in order to get help with pregnancy queries and support. Please see the Hackney iCARE database for local classes in your area, as well as the organisations in the table overleaf for any further advice.

<https://www.hackneyicare.org.uk/kb5/hackney/asch/home.page>



Alongside this, there is a very useful online support network run by the charity Thyroid UK, where you can share your queries and thoughts with likeminded people.

Here is the hyperlink: <https://healthunlocked.com/thyroiduk>

To find the website through Google, please search for:

“Health Unlocked Thyroid UK”

Here is the Thyroid UK charity web address also, if you would like to get



involved: <http://www.thyroiduk.org.uk/tuk/index.html>