



Cumbria Advisory Thyroid Service

INFORMATION SHEET



INFERTILITY – MISCARRIAGE AND THYROID DISEASE

Patients, who have undiagnosed under-active or over-active thyroid problems or a problem with the thyroid gland that has not been treated properly, will generally find they have difficulty in becoming pregnant or carrying a baby to full term.

There is evidence to show that mums thyroid hormones play an important part in the development of babies during the first three months, therefore it is vital for anyone wanting to get pregnant to make sure their thyroid hormone levels are adequately balanced for at least 6 months before you try for a baby, as even a small imbalance can cause problems.

HYPOTHYROID

Thyroid patients who are adequately balanced on the correct dose of medication should be able to become pregnant without too much difficulty. However it is important to understand that as soon as pregnancy occurs mum will need extra thyroid hormones (25mcg/50mcgs) per day to cope with demands on her body from the developing baby. It is also important for mum to have regular blood tests to confirm the thyroid is still balanced throughout the pregnancy. Many healthy babies are born to patients with thyroid problems so it is not impossible to have children. However extra care is needed, this extra care will be provided via your G.P. and Consultant with extra blood tests and check-ups to ensure the pregnancy is progressing as it should.

HYPERTHYROID

Once again if the thyroid has been balanced for at least 6 months there should not be a problem trying to conceive. However if you are still receiving treatment for over activity (anti-thyroid medication) and you do conceive it then becomes a more complex issue, and you will need to have careful supervision from your Consultant to ensure minimal risk to both mum and baby.

Thyroid imbalances can occur during or just after pregnancy in patients who don't have a thyroid dysfunction problem. These imbalances are usually short lived with the thyroid balancing itself out within a period of 6 months after the birth. However if this does not happen thyroid medication will be

used to re-balance the thyroid gland * for more information on this subject please see our Pregnancy/Thyroid and our Children/Thyroid leaflets

- Low Thyroid Hormones being linked to the problems some mums have with Breast Feeding e.g. low Hormone levels equals low milk production.

C.A.T.S RECOMMENDS YOU ALWAYS SEEK YOUR DOCTORS ADVICE

Disclaimer

The purpose of this information leaflet is to help those suffering with thyroid disease. Whilst every effort is made to provide accurate information, it is impossible to ensure that the information given is relevant to every individual. No responsibility is accepted by CATS and it is recommended and essential, that if in any doubt about your condition, that you should always contact your doctor, specialist physician or surgeon to seek medical advice.