

MANAGEMENT OF CONGENITAL HYPOTHYROIDISM

First of all, congratulations on your baby!

You may have just learned that your baby has congenital hypothyroidism. Please see the below resources for more information on how to care for your baby:

BCCH Hypothyroidism Booklet:

www.bcchildrens.ca/endocrinology-diabetes-site/documents/hypothyroidbooklet.pdf

BCCH Congenital Hypothyroidism (one-pager):

English:

www.bcchildrens.ca/endocrinology-diabetes-site/documents/conhyppoen.pdf

Chinese | 中文 :

www.bcchildrens.ca/endocrinology-diabetes-site/documents/conhypoch.pdf

Punjabi | ਪੰਜਾਬੀ :

www.bcchildrens.ca/endocrinology-diabetes-site/documents/conhypopu.pdf

Practical points for administration of thyroid hormone:

- Do **NOT** use the liquid preparations. Inform your health provider that liquid preparations should **NOT** be used, as the stability can't be guaranteed. We recommend you crush the pill and give it with an oral syringe or a teaspoon mixed with a small amount of water or breastmilk.
- You **do not** need to give the medication on an empty stomach and wait for 30 minutes before eating. We recommend giving the medication just **before** a feed and then going ahead with the feed.
- If baby spits up within 30 mins of feeding and you can see bits of the medication, you can repeat the dose. If it has been longer than 30 minutes, no need to repeat.
- It is helpful to have a pill dispenser/dosette to help remember day to day.
- Pill cutters, crushers and oral syringes can be purchased from a pharmacy to help with administration. Some of the dollar stores carry these products as well.

Please ensure you have a prescription, labwork requisition and a follow-up appointment from your local providers.

Please don't hesitate to call the number at the top of the page and ask for one of the Endocrine Nurses, who would be happy to discuss and review this over the phone.