
REFERRAL FOR THYROID DISEASE TO A SPECIALIST IN ENDOCRINOLOGY

Management of hypothyroidism is usually done in primary care. However, in special situations a referral may be warranted (see below).

This is as opposed to patients with hyperthyroidism where referral should be made at diagnosis.

Indications for referral include:

A. EMERGENCY REFERRAL TO A SPECIALIST

- Evidence of pituitary disease.
- Newborn infant.
- Pregnant or post-partum
- Hard thyroid nodule on palpation or U3/U4 nodule identified if ultrasound performed.

B. ROUTINE REFERRAL TO A SPECIALIST

- There are particular problems such as active and unstable ischaemic heart disease or treatment with amiodarone or lithium.
- Symptoms do not respond or worsen after treatment with levothyroxine.
- Serum TSH level is persistently raised while on full dose of levothyroxine.

Source:

<http://www.ncbi.nlm.nih.gov/pubmed/18662921>