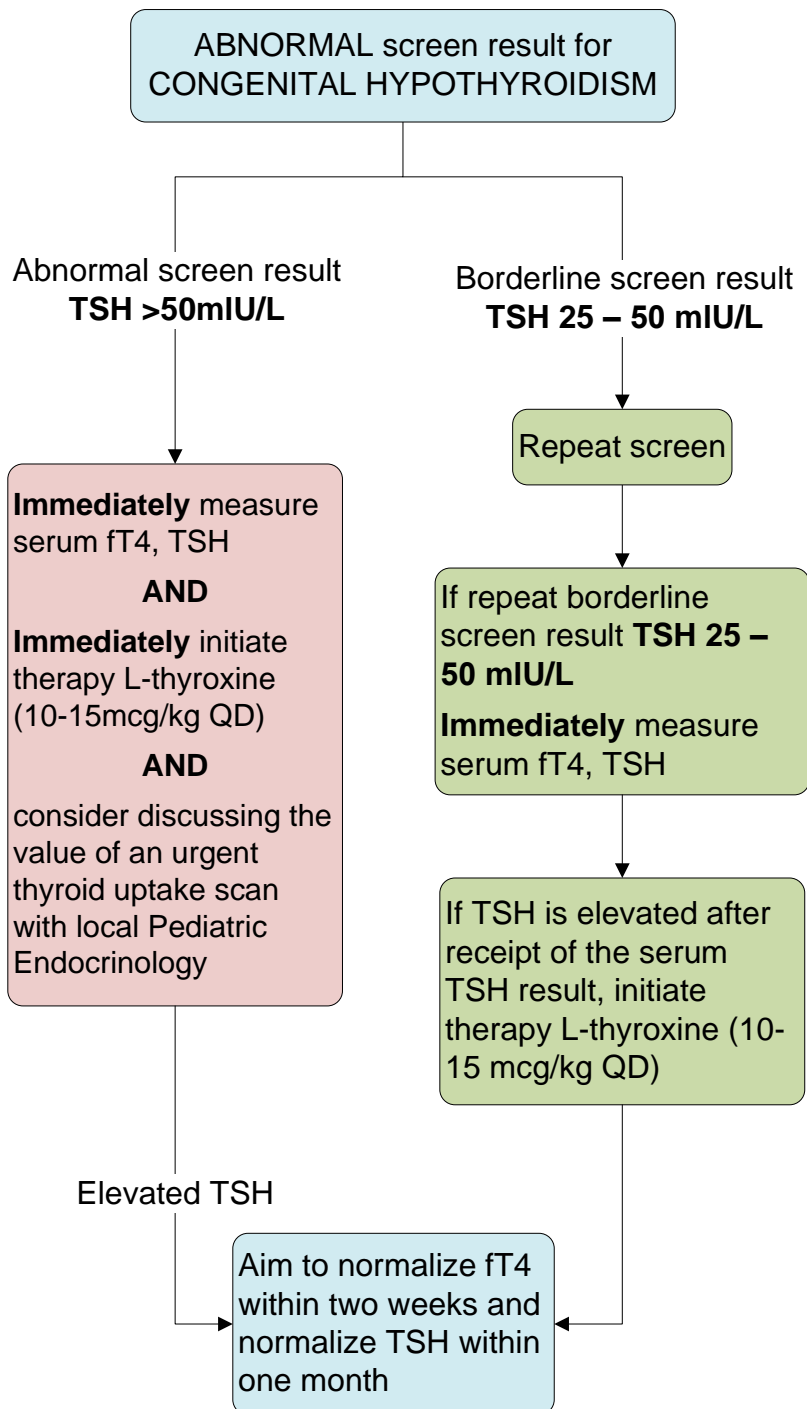


## Clinical Algorithm for Congenital Hypothyroidism Abnormal Screen Result



### MEDICATION

#### Initial Starting Dose:

**L-thyroxine 10-15 mcg/kg PO once daily**

Give as tablet or crush the tablet on a spoon and give with a few milliliters of breast milk or water

- Do not dispense from pharmacies as a suspension; always dispense in tablet form
- Do not administer with soy, fiber or iron

Titrate dose based on fT4 and TSH.

### MONITORING

**Aim for fT4 in the upper limit of the normal range for age and a TSH in the low - normal range (0.5 to 2 mIU/L). Once fT4 and TSH are normalized, monitor primarily with TSH.**

Follow serum fT4 and TSH

- At 2 and 4 weeks after initial treatment started
- q1-2 months for 6 months
- q3-4 months between 6 months and 3 years of age
- q6-12 months from 3 years until end of growth
- 4 weeks after any dose change

Clinical examination, including **assessment of growth and development**

- q2-3 months until 3 years of age

#### References:

1. American Academy of Pediatrics, American Thyroid Association, and Lawson Wilkins Pediatric Endocrine Society. Update of Newborn Screening and Therapy for Congenital Hypothyroidism. Pediatrics 2006; 117:2290-2303.

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