



Discharge Checklist for Congenital Hypothyroidism within Auckland Region

- Email Sheryl Tregurtha (Paed Endocrine Nurse Specialist) on discharge SherylT@adhb.govt.nz

Whānau have received:

- Starship 'Congenital Hypothyroidism' booklet given to the family (either Term infant or Preterm infant version)
- 3 month prescription supply of Levothyroxine (15mcg/mL) suspension
- L-Thyroxine instructions given to family

Let whānau know that thyroxine is dispensed fortnightly due to suspension stability so to take the prescription to a pharmacy convenient to home for regular collection (i.e. **not** the hospital pharmacy on their way out).

- Supply oral syringes and ensure whānau know they should sterilise syringes until infant is 3 months old (corrected gestational age).
- Blood test order for FT4 and TSH repeating weekly

- Either electronic laboratory order with Sheryl Tregurtha as 'ordering clinician' or blood form given with code 'Sheryl Tregurtha (14GDFK)'
- Next blood test 1 week post-discharge (or 2 weeks if dose is stable).
- Ask whānau to text Sheryl on 021 938 789 after they've had the blood test – including infants name and NHI

- E referral to Paediatric Endocrinology including:
 - 'Attention: Sheryl Tregurtha – Thyroid clinic'
 - Diagnosis details including thyroid USS or Scintiscan results, discharge thyroxine dose
 - Family's best contact phone number _____
 - Midwife's contact number _____
- Discharge summary given to family
- They will be seen in Paediatric Thyroid Clinic at Greenlane Clinical Centre (Reception C, Ground Floor) approximately 2-4 weeks post-discharge

Above checklist completed by: _____

Signature: _____

Date: _____

For Consultant: _____