McMaster Pediatric Endocrinology
Outpatient Clinic Referral form for:
Hypothyroidism

Dear referring Practitioner,

- Please print and complete this page then fax back with the completed referral.
- Please review the following checklist to ensure that all information is available for more efficient triaging and shorter wait times for your patient.
- Please send this completed application only once results for all required investigations are available. Referrals with pending results will not be triaged until results are available.

Consult endocrinology when (please check box that applies to your patient):

<table>
<thead>
<tr>
<th>TSH: 5-10mIU/L</th>
<th>Repeat TSH and FreeT4 in 8-12 weeks and then q 6 monthly.</th>
</tr>
</thead>
<tbody>
<tr>
<td>FreeT4: normal</td>
<td></td>
</tr>
<tr>
<td>Antibodies: negative/positive</td>
<td>No referral to Pediatric Endocrinology necessary</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TSH &gt; 10 mIU/L</th>
<th>Begin treatment with Levo-Thyroxine</th>
</tr>
</thead>
<tbody>
<tr>
<td>FreeT4 low or normal</td>
<td>Approximately 2-3 mcg/kg/day</td>
</tr>
<tr>
<td>Antibodies: positive or negative</td>
<td>Refer to Pediatric Endocrinologist if necessary</td>
</tr>
</tbody>
</table>

Investigations Required:

- [ ] TSH
- [ ] Free T4
- [ ] Anti-thyroid peroxidase antibody (TPO Ab)
- [ ] Previous growth parameters (height & weight & BMI percentile) on a WHO or CDC growth chart (computer generated growth chart from EMR not accepted)

Ultrasounds are not indicated in the evaluation of thyroid function abnormalities without palpable structural thyroid disease. If a thyroid ultrasound was performed and nodular thyroid is reported – refer to pediatric endocrinology.

Triaging Urgency for Hypothyroidism Appointments:

- Semi-urgent if severe
- Non-urgent if mild
- Elective if only TSH >10 mIU/L

We strive to meet the triaging times (below), but times may vary in particular for non-urgent or elective referrals.

**Categories for Urgency:**
Emergent- contact staff endocrinologist on call (905) 521-5030
Urgent – within 7 days – contact staff endocrinologist on call before sending referral (905) 521-5030
Semi-urgent – 1 to 4 weeks
Non-urgent – 4-16 weeks
Elective – Next available