

## RECOMMENDATION

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- Screening of pregnant women during early gestation using a lower TSH cut-off can result in identifying pregnant women who may be at risk of developing hypothyroidism.
- Adequate iodine status (UI) during pregnancy is not an indicator of thyroid sufficiency as despite an adequate iodine intake during pregnancy as reflected by urinary iodine values (UI>150 µg/l) pregnant women were not able to maintain euthyroid state. Hence it is recommended that spot UI should not be used as a sole indicator to identify iodine sufficiency during pregnancy. Instead of spot UI, it is advisable to use 24 hour sample.
- Use of appropriate reference intervals or cut-offs which are method and trimester specific is essential for monitoring thyroid function during pregnancy.
- DFS can be used as an additional strategy to combat anemia among women along with IFA supplementation and dietary modification.
- Since thyroid dysfunction during early gestation affects infant development, it is of great importance to diagnose thyroid dysfunction during early gestation and start appropriate treatment.
- All pregnant women should be subjected to thyroid screening at the onset of pregnancy and government should take initiative in implementing the same.