

Suggested answers to scenarios.

1. Answer: Reassure patient and arrange to repeat TFTs in due course. Should be noted that dose of LT4 often needs to increase once pregnancy confirmed but no change needed prior to conception. High FT4 is due to assay interference.
2. Answer: Reassure the patient – the palpitations are probably ectopics and from thyroid perspective no action needed. High FT4 again due to assay interference.
3. Answer: This is a little more vague – one does need to consider the possibility of pituitary disease and if there were other clues should consider option 3 (Check other pituitary hormone levels). However, in vast majority of cases these TFTs are normal. Assay reference cut off has been moved from 9 up to 12 (check to see if previous levels similar and FT4 not declining over time) so that previous levels of 10 would not have flagged as abnormal – so correct answer is 1 – reassure the patient.