

PREGNANCY THYROID MONITORING

Strictly Confidential

Patient Name: _____

Due Date / Gestation: _____

DATE	WEEK	TSH (MIU/L)	FREE T4 (NG/DL)	MEDICATION DOSE	NOTES / SYMPTOMS
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Typical Trimester-Specific Reference Ranges (Consult Doctor)

1st Trimester:

TSH: 0.1 - 2.5 mIU/L

2nd Trimester:

TSH: 0.2 - 3.0 mIU/L

3rd Trimester:

TSH: 0.3 - 3.0 mIU/L

This chart is for personal tracking purposes only. Always consult with your endocrinologist or OB/GYN regarding lab results and dosage changes.