Hypothyroidism topic reference guide

Canadian-first source map and limitations | original draft

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General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

How to use this guide

Canadian preventive-care guidance and patient resources are the starting point. U.S., UK and European sources supplement thyroid testing, treatment interaction, pregnancy and monitoring context. Source links were opened and checked on 20 November 2026.

Important limitations

- The Canadian Task Force screening recommendation applies to asymptomatic nonpregnant adults without specified risk factors; it is not a rule against investigating symptoms or known risk.
- NICE NG145 is an official current guideline page; automated retrieval of the recommendations endpoint was access-restricted, so that limitation is recorded.
- International and out-of-province resources do not define Ontario coverage or referral pathways.
- This guide does not diagnose, calculate personal risk, provide a dose or replace an assessment by a qualified clinician.

Sources opened and checked 20 November 2026

Canadian Task Force thyroid dysfunction: https://canadiantaskforce.ca/guidelines/published-guidelines/asymptomatic-thyroid-dysfunction/

Canadian Task Force clinician FAQ: https://canadiantaskforce.ca/wp-content/uploads/2024/06/CTFPHC_Thyroid-Dysfunction_Clinican-FAQ_BW_Final_2024.pdf

CMAJ / PubMed screening guideline: https://pubmed.ncbi.nlm.nih.gov/31740537/

HealthLink BC hypothyroidism: https://www.healthlinkbc.ca/healthwise/hypothyroidism

HealthLink BC thyroid hormone tests: https://www.healthlinkbc.ca/healthwise/thyroid-hormone-tests

Thyroid Foundation of Canada information package: https://thyroid.ca/wp-content/uploads/2023/06/TFC-Information-Package-1.pdf

Government of Canada postpartum care: https://www.canada.ca/en/public-health/services/publications/healthy-living/maternity-newborn-care-guidelines-chapter-5.html

Ontario OHIP coverage: https://www.ontario.ca/page/what-ohip-covers

Ontario medication coverage: https://www.ontario.ca/page/medication-coverage-results

Ontario Health811: https://www.ontario.ca/page/your-health

American Thyroid Association adult hypothyroidism: https://www.thyroid.org/hypothyroidism/

American Thyroid Association hormone treatment: https://www.thyroid.org/thyroid-hormone-treatment/

American Thyroid Association pregnancy guideline resource: https://www.thyroid.org/association-guidelines-management/

USPSTF thyroid screening: https://www.uspreventiveservicestaskforce.org/uspstf/index.php/recommendation/thyroid-dysfunction-screening

NICE NG145: https://www.nice.org.uk/guidance/ng145

NHS underactive thyroid: https://www.nhs.uk/conditions/underactive-thyroid-hypothyroidism/

European Thyroid Association levothyroxine guideline: https://pubmed.ncbi.nlm.nih.gov/40622204/

ATA hypothyroidism booklet: https://www.thyroid.org/wp-content/uploads/patients/brochures/Hypothyroidism_web_booklet.pdf