

Monash University Endocrine Surgery Unit Post-thyroidectomy Calcium Protocol

All patients commence Caltrate 2 tablets BD immediately post-op. *i*PTH is measured 1 hour post-op, Calcium is measured the next morning and then every 12/24 if *i*PTH < 1.6 pmol/L.

If *i*PTH > 1.6 pmol/L and AM cCa^{2+} > 2.00 mmol/L then patient is discharged.

If *i*PTH 0.6-1.6 pmol/L the patient is monitored with twice daily serum calcium. Patients are discharged on the second post-operative day if cCa^{2+} remains > 2.00 mmol/L. If cCa^{2+} < 2.00 mmol/L then Calcitriol 0.5 µg twice daily and Caltrate 2 tabs TDS is given.

If *i*PTH < 0.6 pmol/L then Calcitriol 0.5 µg twice daily and Caltrate 2 tabs TDS is commenced that evening and serum calcium is monitored twice daily. Patients are discharged on the second post-operative day if cCa^{2+} remains > 2.00 mmol/L.

Further oral supplements or intravenous Calcium Gluconate is added if cCa^{2+} continues to drop.

GP Discharge Calcium Protocol

Dear Doctor,

Your patient has been discharged on calcium supplements following their thyroid surgery. They have been asked to see you on a weekly basis to have their serum calcium level checked and their medication reduced according to the protocol:

If your patient is just on Caltrate tablets

On discharge they will normally be on:

Caltrate 2 tablets, twice daily

If calcium is > 2.00 mmol/L at one week, reduce to:

Caltrate 1 tablet, twice daily

If calcium is > 2.00 mmol/L the next week, reduce to:

Caltrate 1 tablet daily

If calcium is normal the next week:

Cease Caltrate

If your patient is on Caltrate + Rocaltrol tablets

On discharge they will normally be on:

Caltrate 2 tablets, three times daily and Rocaltrol 2 tablets, twice daily

If calcium is > 2.00 mmol/L at one week, reduce to:

Caltrate 2 twice daily and Rocaltrol 1 twice daily

If calcium is > 2.00 mmol/L the next week, reduce to:

Caltrate 1 twice daily and Rocaltrol 1 daily

If calcium is > 2.00 mmol/L the next week, reduce to:

Caltrate 1 daily

If calcium is normal the next week:

Cease Caltrate

If you have any questions or concerns, please contact the Breast/Endocrine Surgery registrar via the Alfred Hospital switch on 9076-2000.