

Basal Temperature Instructions

Basal Body Temperature Record: (Patient Instruction)

Patient Name: _____

Date: _____

DOB: _____

Phone: _____

The purpose of this procedure is to obtain information about your thyroid function. Please keep a five-day record of your axillary (armpit) temperature, along with your associated symptoms. The following procedure should be carefully adhered to:

1. A glass/mercury thermometer (preferably) should be shaken down to below 96.0 the night before the test and left near the bedside in a glass where it can be easily reached WITHOUT GETTING OUT OF BED. An ear or digital thermometer can also be used. Basal body temperature should ideally reflect a "sleeping state" of bed rest for at least three hours. A clock or watch should be available for timing purposes. [Click here for a recommended thermometer.](#)

2. For women: If scheduling allows, it is ideal for a woman to record the axillary temperature during the menstrual cycle (first three to five days of flow). Otherwise, any five days may be used.

3. When you awaken, DO NOT GET UP OR MOVE AROUND A LOT. The thermometer should be placed in the armpit against the skin. Press your arm against your body to hold the thermometer in place firmly. Be sure not to roll over on that side to prevent the possibility of breaking the thermometer. You can test your temp in the afternoon as well before eating lunch. Notate both temps.

4. Record your temperature to the nearest tenth of a degree (for example 97.8). Log these temperatures in the spaces provided below and bring them with you to your next visit.

Normal Axillary Temperature is (97.8 F to 98.2 F). Oral is (98.2 F to 98.6 F)

Day 1 _____ Notable Symptoms _____

Day 2 _____ Notable Symptoms _____

Day 3 _____ Notable Symptoms _____

Day 4 _____ Notable Symptoms _____

Day 5 _____ Notable Symptoms _____

How many blankets do you use ? _____

Do you have a sore throat, cold or other infection ? _____

Do you have a chronic sinus problem and/or post-nasal drip ? _____

[illegible]

DATE