Basal Body Temperature

Name : _____   Date: _____

Charting of your basal body temperature is a simple and sensitive way to evaluate thyroid function. The thyroid gland produces hormones which largely control the metabolic rate of your body. This metabolic rate is reflected in your temperature.

Procedure

1) Prior to going to sleep shake down the glass mercury thermometer to below 35C (95F). Place it next to your bed. An automatic digital thermometer may also be used for the test. Automatic digital thermometers tend to be more temperamental than glass mercury thermometers. To ensure accuracy take a series of three repeated readings. If the readings are within 0.1, then the thermometer may be used for the test.
2) On waking, without getting out of bed or moving about, place the thermometer in the centre of your arm pit. It is best to lie still with your eyes closed while waiting to take a reading. For mercury thermometers, leave the thermometer in your armpit for 10 minutes. For digital thermometers, record the temperature at the beep. Proper positioning of the digital thermometer in the center of your armpit is important. Improper positioning may result in temperature readings below actual values
3) Men and postmenopausal women: Record the temperature for at least three mornings. (Preferably at the same time of the day)
    Menstruating women: Record the temperature on the second, third and fourth days of menstruation. Alternately, a temperature reading may be taken each morning of a complete menstrual cycle. Begin at any day in the cycle. Indicate the first and last day of your menstrual period
4) Record the results on the graph.

C																				F
38.0																				100.4
37.8																				100.0
37.6																				99.7
37.4																				99.3
37.2																				99.0
37.0																				98.6
36.8																				98.2
36.6																				97.9
36.4																				97.5
36.2																				97.2
36.0																				96.8
35.8																				96.4
35.6																				96.1
35.4																				95.7
35.2																				95.4