

INSTRUCTIONS FOR TAKING AXILLARY TEMPERATURE AND PULSE RATE

1. Before bedtime, shake a glass thermometer to 94 F and place on the nightstand, in easy reach of the bed.
2. Do NOT use a DIGITAL thermometer for taking the axillary temperature because they are not as accurate.
3. Upon awakening in the morning, remain in bed quietly and take the thermometer and place it securely under your arm.
4. Hold the thermometer in place for 10 minutes and then record this reading in the table provided.
5. Take your pulse for 1 (one) minute during this 10 minute waiting period and record this in the appropriate box below the temperature.
6. Record the temperature and pulse rate on the form provided and bring this to the office for doctor to evaluate.
7. If you are presently taking thyroid medication (Synthroid, Cytomel, Armour Thyroid, Levothyroxine, etc.) be sure to record this information on the Basal temperature/pulse recording report.
8. Do NOT take your temperature while in a waterbed or using an electric blanket. The temperature readings will not be accurate.

Name: \_\_\_\_\_ DATE: \_\_\_\_\_

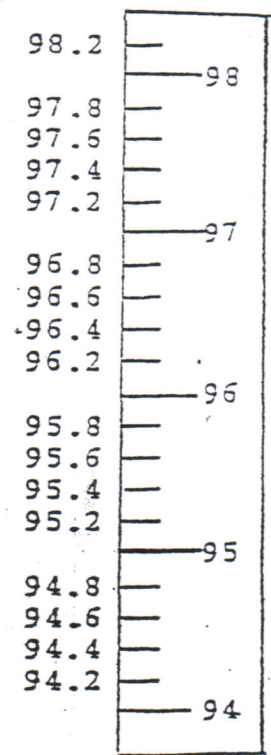
Current Thyroid Medication \_\_\_\_\_

BASAL TEMPERATURE AND PULSE

	SUN.	MON.	TUES.	WED.	THUR	FRI	SAT
TEMPERATURE							
PULSE							

HOW TO READ THE THERMOMETER

After removing the thermometer be sure to immediately obtain the reading. As you will note the thermometer is scaled in .2 increments. Turn the thermometer until you are able to see the solid silver mercury line. The top of the mercury level will correspond with a number on the thermometer scale. Place the number of the temperature in the designated box.



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