

NAME: _____

BASAL BODY TEMPERATURE

Recording an accurate basal body temperature is easy!

What's needed? Basal body thermometer or glass thermometer shaken down below to 96.0 the night before testing AND a clock.

How it is done? Place the thermometer where you can reach it easily WITHOUT getting out of bed. Wake up normally. Do not get up or move around. Place the thermometer in the armpit against the skin for 10 minutes. Gently press your arm against your body to hold the thermometer in place. Do not roll over on the side with the thermometer because this can break the thermometer. Record your reading. Do this for five consecutive mornings. Email help@darienmed.com or return this form to the office staff on day of your next visit.

Can I use digital thermometer? Glass thermometer is preferred, but if you are using digital thermometer, make sure to place the thermometer under your **armpit for a minimum of 10-12 minutes before turning it on.**

When to do it? Any five days may be used for most patients. If you have a menstrual period, start on the second day of the menstrual flow and continue until day 6 of the cycle. **(DAYS 2-6 OF MENSES)**

What if I wake up multiple times during the night? Go back to sleep, and start the process on your normal wake up time.

How to average? Add all the five temperature readings, then divide the total by five.

Most common mistakes? The most common mistakes include (1) not following the procedure as above, (2) measuring oral or ear temperature, (3) moving or walking around before the actual measurement, (4) not averaging the temperatures, (5) not sending the completed form and (6) losing the form and "guesstimating" the BBT.

For menstruating women, the 1st day of measurement should on DAY 2 of menses.

1ST DAY : _____

2nd DAY: _____

3rd DAY: _____

4th DAY : _____

5th DAY : _____

Average: _____