



Thyroid Log Instructions

(with optional Ketone and Blood Sugar measurement instructions if needed)

Please follow these guidelines:

- Keep a digital thermometer and watch within arm's reach at your bedside.
- Avoid eating anything throughout the night as digestion can affect basal metabolism.
- All temperature readings need to be oral temperatures.
- Always measure your temperature and pulse while at rest. Measuring your temperature and pulse after physical exertion or while being stressed or rushed can affect the accuracy of the results.
- Avoid taking temperature and pulse if any infection is present. Infections of any sort (i.e.: common sinus infection) can skew results by artificially raising your temperature.
- Avoid sleeping under an electric blanket, which can artificially elevate your temperature. Sleeping under warm blankets is OK since this will not alter your core temperature.
- To measure your pulse, use your pulse oximeter for 30-60 seconds or until answer is revealed.
- To record ketones, place a ketone strip in your urine stream, allow to dry for a minute or so, then match the color to the chart on the package as best you can to record the number. Take this measurement within 30-60 minutes of eating lunch. **Only do this step if Dr. Siegel indicated that he wants your ketone measurements.*
- To record blood sugar, use a Blood Glucometer according to the manufacturer's instructions and record first thing in the morning before breakfast. **Only do this step if Dr. Siegel indicated that he wants your blood sugar measurements.*

Instructions for daily Temperature and Pulse measurements:

- **First Recording:** Upon awakening in the morning, use your thermometer and lie completely still in bed while taking your temperature. Leave the digital thermometer in your mouth for one minute *prior to turning it on* for most accurate results.
- **Second Recording:** Within 30 minutes of breakfast and while at rest.
- **Third Recording:** Around 3 p.m. in the afternoon, while at rest and at least 20 minutes after eating or drinking.

Instructions for 5 Day Food Journal recording:

- Be honest and list everything you eat and drink.
- Do your best to record food and beverage intake during the same week that you are measuring temperature and pulse so Dr. Siegel can assess any possible correlation.