

INSTRUCTIONS FOR RECORDING MEASUREMENTS IN THE THYROID DAILY LOG

Please follow these guidelines:

- Use the **Thyroid Daily Log** for recording your numbers. If you need additional sheets for recording your temperatures and pulses, print from our website or your digital handbook.
- Keep a thermometer and watch within arm's reach at your bedside. If using a mercury thermometer, be sure to shake it down.
- Avoid eating anything throughout the night as digestion can affect basal metabolism.
- 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 (ie: 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.
- For women, in the comment section of your Daily Log, please note any days that you are menstruating, as this can affect your body temperature.

Instructions for daily measurements:

FIRST RECORDING

- Upon awakening in the morning, being as still as possible, reach for your thermometer by your bedside and lie completely still in bed while taking your temperature for about 5 to 7 minutes. If using a digital thermometer, it's best to leave it in your mouth for a few minutes **prior to turning it on** for most accurate results.
- Using your watch, measure your pulse for 60 seconds, or using a pulse oximeter, leave on Index finger until final reading is signaled and displayed.

SECOND RECORDING:

- Within 30 minutes of breakfast and while at rest, use your thermometer and watch to measure your temperature and pulse and record them in the appropriate locations on your record sheet.

THIRD RECORDING:

- Around 3 p.m. in the afternoon, while at rest and at least 20 minutes after eating or drinking. Use your thermometer and watch (or Pulse Oximeter); measure your temperature and pulse for the third time.