

THYROID SYSTEM DYSFUNCTION (TSD) TEMPERATURE ASSESSMENT RECORD

NAME: _____

INSTRUCTIONS

1. Use a basal body temperature (BBT) thermometer. This can be purchased at most pharmacies. A digital thermometer is okay to use so long as it is a basal digital thermometer that reads in 0.1° F.
2. Take your temperature orally for 5 minutes, by the clock (if a mercury thermometer), and until thermometer "beeps" if a digital thermometer. Do this upon waking in the morning (immediately - this is the BBT) and then at **11 am, 2 pm and 5 pm**.
3. Record all 4 temperatures in the boxes below on days 5-9 and P+5 - P+9.
4. **Average the 3 temps** (not including the BBT) and also record it for each day in the box provided.
5. Also record your pulse rate for each of the 11 am, 2 pm and 5 pm time periods.
6. When completed, send the record to your assessing physician.

TEMPERATURE AND PULSE RECORDINGS

| | Day 5 | | Day 6 | | Day 7 | | Day 8 | | Day 9 | |
|-----------------------|-------|-------------------|-------|-------------------|-------|-------------------|-------|-------------------|-------|-------------------|
| Upon Awakening | | Pulse Rate | | Pulse Rate | | Pulse Rate | | Pulse Rate | | Pulse Rate |
| 11:00 am | | | | | | | | | | |
| 2:00 pm | | | | | | | | | | |
| 5:00 pm | | | | | | | | | | |
| Average Temp. | | | | | | | | | | |

| | P + 5 | | P + 6 | | P + 7 | | P + 8 | | P + 9 | |
|-----------------------|-------|-------------------|-------|-------------------|-------|-------------------|-------|-------------------|-------|-------------------|
| Upon Awakening | | Pulse Rate | | Pulse Rate | | Pulse Rate | | Pulse Rate | | Pulse Rate |
| 11:00 am | | | | | | | | | | |
| 2:00 pm | | | | | | | | | | |
| 5:00 pm | | | | | | | | | | |
| Average Temp. | | | | | | | | | | |