

Thyroid Temperature Test

(Barnes Basal Metabolism Self-Test for Thyroid Function)

Hypothyroid affects 40 to 60% of the people in the U.S., of which most are women. The following test can be used to detect a sub functional thyroid.

1. Over the course of three days, take your **oral** temperature in the **afternoon** with a regular digital thermometer. It should read very close to 98.6. If below 98.6, it could indicate an under active or hypo-thyroid. Record below.
2. Additionally, place the digital thermometer beside the bed before going to sleep.
3. **Immediately upon waking**, turn on the thermometer and place it deep **in your armpit** and leave in place for 3 minutes (10 minutes if using a shake down mercury thermometer - shake it down first). The less movement you make, the more accurate the test. Lie as still as possible. (The beeper may sound but the temperature should continue to monitor. Record below.
4. **For menstruating women:** you can begin measuring your temperature at anytime during your cycle. However, the most accurate readings occur within the first seven days following the start of menses. Women will get the most accurate reading when not menstruating.

<u>Date</u>	<u>Afternoon Temperature</u>	<u>Before Arising Temperature</u>
<u>Day 1</u>		
<u>Day 2</u>		
<u>Day 3</u>		

Your basal body temperature should be between 97.8 and 98.2. Axillary (armpit) is roughly one point lower than oral readings. The following axillary readings are indicative of thyroid states:

- 97.8 - 98.2 Normally functioning thyroid
- Above 98.2 Hyperthyroid or possible infection
- Below 97.8 Possible hypothyroid

If below 97.8 for three consecutive days there may be an under-active thyroid, particularly if you have other symptoms of hypothyroidism.

This questionnaire is for education purposes only and not for diagnosing, treatment or prescribing of remedies or cures for any disease or medical condition.