

## PATIENT PREPARATION

### BASAL BODY TEMPERATURE (BBT)

Using a BBT/fertility thermometer take your temperature under your arm (axillary) (by holding it there until for 10 minutes for a traditional mercury thermometer or once at 5 & 10 minutes and then averaging the value on a digital thermometer), first thing in the morning before rising, when the body is completely at rest. For women with a period take it for 5 days – day 2-7 of your menses. For women without a period and men take it for 5 days at any time of the month. For fertility in females track the complete month of your BBT, intercourse and cervical fluid. Record the readings and note if there is anything unusual that may impact your BBT such as: a different thermometer, illness, medication, activity, stress, food consumption.

Normal Thyroid Function: 36.6°C(97.8°F) to 36.8°C(98.2°F) | Hypothyroid Function: <36.6°C(97.8°F) | Hyperthyroid Function: >36.8°C(98.2°F)