



## Barnes Basal Temperature Test Instructions

Basal body temperature (BBT) is your body temperature at rest, the temperature when you first wake up in the morning.

### Instructions

1. Purchase a mercury basal thermometer (available at a pharmacy). This thermometer shows minute incremental degree changes that a regular thermometer does not. Please be careful not to break the thermometer as mercury is a toxic substance. Read the instructions on mercury disposal provided with the thermometer.
2. Shake the thermometer down to 35°C before going to bed and place it by the bedside.
3. In the morning, before getting out of bed, place the basal thermometer under your tongue, for 2 minutes, read the temperature and record.
4. The temperature should be taken for at least 5 days consecutively at the same time each morning.
5. For women, the temperature should be taken starting the second day of menstruation. This is because women who take the oral contraceptive pill can have an increased body temperature due to active synthetic estrogens.
6. For men and postmenopausal women, this test can be taken at any 3 to 5 day interval. Do not do the test when you have an infection or any other condition which may raise your temperature.

Normal basal body temperature averages 36.5°C and 36.8°C. Lower basal body temperature often reflects subclinical or clinical hypothyroidism.

### Barnes Basal Body Temperature Test

Name:

Date:

Start Date	Temperature Recorded
Day 1	°C
Day 2	°C
Day 3	°C
Day 4	°C
Day 5	°C