

Clean Living Nutrition & Wellness



Heal. **Balance.** Thrive

The Basal Body Temperature Test

Basal Body Temperature Test for Thyroid Function



This test can be done at home to help assess whether or not you might have an under-active thyroid, regardless of a diagnosis of hypothyroidism.

Charting of your basal body temperature is a simple and sensitive way to evaluate thyroid function. The thyroid gland produces hormones that largely control the metabolic rate of your body and this metabolic rate is reflected in your temperature. To perform this test, follow these guidelines:

- 1) Prior to going to sleep, shake down the glass mercury thermometer to below 35°C (95°F). Place it next to your bed. An automatic digital thermometer may also be used for the test. Automatic digital thermometers tend to be more temperamental than glass mercury thermometers. To ensure accuracy, take a series of three repeated readings. If the readings are within 0.1, then the thermometer may be used for the test.

2) On waking, without getting out of bed or moving about, place the thermometer in the centre of your armpit. It is best to lie still with your eyes closed while waiting to take a reading. For mercury thermometers, leave the thermometer in your armpit for 10 minutes. For digital thermometers, record the temperature at the beep. Proper positioning of the digital thermometer in the centre of your armpit is important. Improper positioning may result in temperature readings below actual values. It is also best to take your temperature about the same time every morning (but don't become a slave to your thermometer).

3) Record the temperature every day for one month on a calendar.

If your basal body temperature is consistently 36.4 °C (97.5 °F) or lower, then you might want to consider a blood thyroid panel and possibly a 24-hour urine thyroid assessment.