

## Basal metabolic temperature – Thyroid function indicator

Over the course of three days, take your *oral temperature* in the morning with a thermometer. It should read very close to 37 degrees Celsius. If below 37 degrees, it could indicate an under active or hypothyroidism. This just gives you a rough idea of temperature to start with.

Record more detailed results by following the points below.

- Place the thermometer beside the bed before going to sleep.
- Immediately upon waking, place the thermometer deep in your armpit and leave in place for 10 minutes (shake the thermometer down first). The less movement you make, the more accurate the test. Lie as still as possible
- For menstruating women: you can begin measuring your temperature at any time 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.

### Temperature guide

36.55 C or below – possible hypothyroidism

36.55- 36.77 – normal thyroid function

Above 36.77 – possible hyperthyroidism

These results are only a guide and blood results can provide further information. Ideally you should test TSH, T3, T4 thyroid hormones.

Day - Date	Temperature

Need more help with an [underactive thyroid](#)? [Get in touch](#)