



CHUNG INSTITUTE
OF INTEGRATIVE MEDICINE

Basal Body Temperature Directions

Basal body temperature is the temperature of your body at the moment of waking up in the morning. Basal Body Temperatures are typically used to track ovulation cycles, but in this instances, we are attempting to record the change in your body's thermoregulation with the supplementation of Iodine to your diet. Your first round of Basal body temperature readings must be taken prior to starting the iodine supplement. In order to get successful and accurate readings of basal body temperatures, please follow the directions listed below.

1. Obtain a thermometer that reads temperature to the tenth of a degree.
2. If you are a Pre-menopausal, woman, you will take your first Basal Body Temperature the morning after the first day of menstruation. If you are male or a post-menopausal woman, you may take your Basal body temperature starting any morning.
3. Make sure you get a complete night's sleep. This means that your sleep the night before starting taking your basal body temperatures should be regular (similar to how much and what time you normal sleep).
4. Take your temperature as soon as you wake up, even before you get out of bed. You will take your temperature by mouth as soon as you open your eyes. It is recommended that you keep your thermometer by your night stand to allow you to take your temperature immediately after waking up.
5. Record your Basal body temperature for five days and bring the log in with you to your next visit to our office.

If you have any questions regarding this procedure, please call (856)222-4766 and ask for Carolanne.