Barnes Temperature Monitoring Chart.jpg

BARNES TEST FOR THYROID FUNCTION

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This chart is measured in alternate 0.1 of a degree centigrade and Fahrenheit steps. So when filling it in stay with <u>one system of measurement only.</u> If using centigrade and your temperature comes out at 35.5c this is between the 35.4 and 35.6 blocks, the same principle applies when using Fahrenheit.

Stage 1: shake down thermometer and leave by the side of the bed before going to sleep.
Stage 2: wake up in morning. <u>Before</u> getting out of bed take your temperature in your left armpit for ten minutes.
Stage 3: record your temperature in the appropriate square using a diagonal line(/).
Stage 4 (female only): indicate the beginning of your period with a circle and the end with a cross.

Please remember to bring this chart with you to your next consultation. The area of normal waking body temperature is the grey band. If your average is below the grey band there is a possibility that your have a reduced metabolic rate. Do not worry if the temperature rises and falls this is quite normal.

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