

## Thyroid Log Instructions *(with optional Ketone & blood Sugar measurement instructions if needed)*

---

### Please follow these guidelines:

- Keep a digital thermometer and watch within arm's reach at your bedside.
- Avoid eating anything throughout the night as digestion can affect basal metabolism.
- All temperature readings need to be oral temperatures.
- Always measure your temperature and pulse while at rest. Measuring your temperature and pulse after physical exertion or while being stressed or rushed can affect the accuracy of the results.
- Avoid taking temperature and pulse if any infection is present. Infections of any sort (i.e.: common sinus infection) can skew results by artificially raising your temperature.
- Avoid sleeping under an electric blanket, which can artificially elevate your temperature. Sleeping under warm blankets is OK since this will not alter your core temperature.
- To measure your pulse, use your pulse oximeter for 30-60 seconds or until the answer is revealed.
- To record ketones, place a ketone strip in your urine stream, allow to dry for a minute or so, then match the color to the chart on the package as best you can to record the number. Take this measurement within 30-60 minutes of eating lunch. \*Only do this step if Dr. Siegel indicated that he wants your ketone measurements.
- To record blood sugar, use a Blood Glucometer according to the manufacturer's instructions and record first thing in the morning before breakfast. \*Only do this step if Dr. Siegel indicated that he wants your blood sugar measurements.

### Instructions for daily Temperature and Pulse measurements:

**First Recording:** Upon awakening in the morning, use your thermometer and lie completely still in bed while taking your temperature. Leave the digital thermometer in your mouth for one minute prior to turning it on for most accurate results.

**Second Recording:** Within 30 minutes of breakfast and while at rest.

**Third Recording:** Around 3 p.m. in the afternoon, while at rest and at least 20 minutes after eating or drinking.

### Instructions for 5 Day Food Journal recording:

- Be honest and list everything you eat and drink.
- Do your best to record food and beverage intake during the same week that you are measuring temperature and pulse so Dr. Siegel can assess any possible correlation.