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## **TAKING YOUR TEMPERATURE**

Your temperature is an indicator of your thyroid function. Take your oral temperature three times daily and keep a record of it for 2 weeks. The first time you take your temperature should be first thing in the morning before getting out of bed. The second time is at noon and the third time will be at 4:00 PM. Temperatures start low in the morning and rise through the course of the day, reaching a peak about 4:00 PM. Normal temperatures are **36.7C - 36.8C (97.8F - 98.2F)** first thing in the morning. As the day progresses your temperature should rise to a peak of **37C (98.6F)** around 4:00 PM.

It is important to record fractions of a degree. Those people who experience difficulty reading a mercury or alcohol thermometer may use a digital thermometer. Either type of thermometer is available at any drugstore.

When you have a completed record of your temperatures make an appointment to see Dr. Wagstaff to discuss your results.

## **ADJUSTING MEDICATION DOSAGE FOR PATIENTS TAKING THYROID MEDICATION PRESCRIBED BY DR. WAGSTAFF**

If your temperature is consistently low you may be asked to take a thyroid supplement. You will continue to monitor your temperatures, once daily in AM, while taking the supplement. If you are taking Bio Thy, T100, Total Gland, Thyroid Plus, or another glandular – botanical combination, take the medication as prescribed for two weeks. If your temperature has not reached normal values after two weeks you may increase the dose by 1 tablet. For example, if you were initially taking 1 tablet two times daily for the first two weeks and your temperature is still below normal you may increase the dose to one tablet three times daily. You will continue at this rate for a further two weeks while continuing to chart your temperature. If after two weeks your temperature is still low you may increase the dose again. Your new daily dose will be two tablets two times daily, which is the maximum dose you may take. Patients taking Armour Thy will follow the same instructions, but increase the dose by 1 tablet **PER MONTH ONLY** to a maximum of three tablets daily. If you do not experience an increase in temperature with the maximum dose you should consult Dr. Wagstaff. Thyroid supplements have the potential to cause sleeplessness and should be taken no later than 4:00 PM.

If temperatures exceed normal values, reduce the dose of medication gradually in the same manner it was increased. If your temperature reaches normal and is stable over a two week period reduce the medication by one tablet. Reduce the dose every two weeks until you reach the minimum amount that will maintain a normal temperature.

**Monitor your temperature daily. Monitor blood pressure and pulse 3 times weekly. If you experience symptoms such as an increased blood pressure, pulse rate, heart palpitations, insomnia or anxiety while taking thyroid medication, reduce your current dose. If these symptoms continue 24 hours after dose reduction, call Dr. Wagstaff for further instructions.**