

Why use a temperature chart

Please check one below

- If you have infrequent or absence of periods **OR**
- If you are experiencing any menopausal symptoms (hot flashes, migraines, night sweats, emotional fragility, etc.) and your periods are spaced four months apart or longer **OR**
- If you have had a hysterectomy (ovaries intact) and you are 55 years of age or younger.

The temperature chart must be completed to determine the date to begin collecting for the FHP. The use of a single hormone sample does not represent a complete cycle due to the fluctuating levels of hormones in these women.

INSTRUCTIONS

Measure your **ORAL** temperature daily for three consecutive months. Take temperature at the same time each morning upon waking, before drinking or brushing teeth. If a temperature reading was taken more than 1 hour before or after the typical time, mark it with a star and write the time it was taken next to it. Complete charts as shown in the example below and **fax to Diagnos-Techs™ at 425-251-0637**.

Your Name: _____

Doctor's Name: _____

Date of Birth: _____

Doctor's Fax: _____

Phone Number: _____

Doctor's Account #: _____

