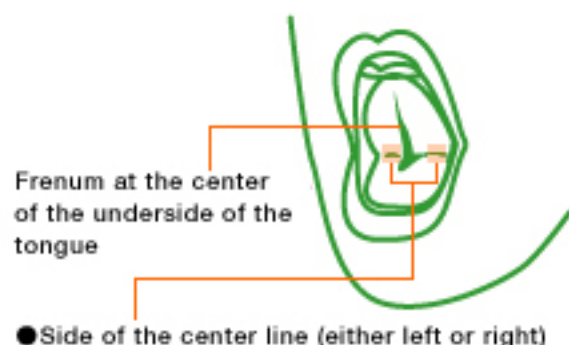


## How to Measure Body Temperature in the Mouth

- 1 Place the thermometer tip directly along the side of the center line on the bottom of the tongue at the back.

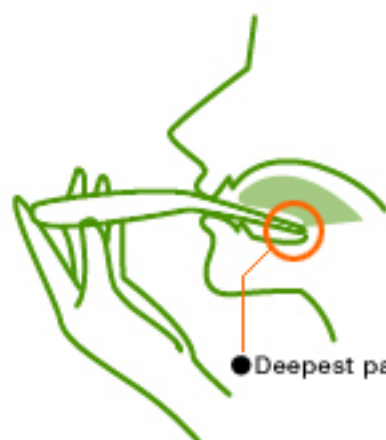


The correct position is either side of the “lingual frenum” at the deepest part of the tongue.

Slide the thermometer in so that its tip contacts the frenum (the line along the center), and close the mouth tightly.



- 2 Keep your mouth closed until the equilibrium temperature is reached.  
(Stay still for **more than 5 minutes when a mercury or actual measurement type thermometer is used. When a predictive measurement type thermometer is used, wait until it beeps.**)



- Support the thermometer with a finger so that the temperature measuring section does not move.

- During measurement, breathe through your nose and do not open your mouth. (Also avoid talking.)

### Caution before measurement

Do not measure your body temperature for about 30 minutes after drinking/eating, exercising, bathing or coming in from outside. You will not be able to obtain an accurate measurement of your equilibrium temperature.

### Caution during measurement

Basically, stay still without moving during measurement.

### Measurement time period

Measurement time varies depending on the thermometer's measurement method.