How to Use Disposable Thermometers (Tempa•DOT™)

1. Tear off a single thermometer from the strip. Peel open the pack and remove the thermometer by its handle, do not touch the dotted section.

2. Place the dotted section under your tongue as far back as possible into one of the ‘pockets’ at the side. Dots can face up or down. Press down with your tongue and keep your mouth closed.

3. Leave in position for 60 seconds.

4. Remove the thermometer and wait 10 seconds before reading.

5. Read the temperature using the dots. The last recorded blue dot indicates the temperature. Ignore any unchanged dots.

6. Discard the thermometer into the bin.

If your temperature is 37.5°C or above, contact your community midwife or telephone the senior midwife at the hospital on 01473 712233.