

Clinical and at-home thermometers

Best practices in thermometry to get the most precise readings



**Accuracy
in seconds**

Best practices in thermometry:

Temperature reading guidelines for clinical and at-home users

Measuring body temperature is very important in caring for the health of a patient. A number of diseases are characterized by a change in body temperature. The course of the disease can be followed by measuring body temperature. This allows the doctor to analyze the effectiveness of treatments based on body temperatures.

Temperature readings vary and are dependent on many factors, including age and measurement site. An exact relationship between oral (mouth), rectal, tympanic (ear), axillary (armpit) and forehead doesn't exist. **Readings from different sites should not be compared.**

It's recommended that you choose one site for temperature measurement and become comfortable, consistent and familiar with the readings to understand your own baseline temperature.

The following document discusses certain variables that can affect temperature readings, as well as tips and considerations that may help overcome common roadblocks that arise when taking body temperature.

Choosing the most appropriate measurement site

Temperature variation from warmest to coolest is found below.¹ Methods that get closer to the core (inside of the body) are more accurate.

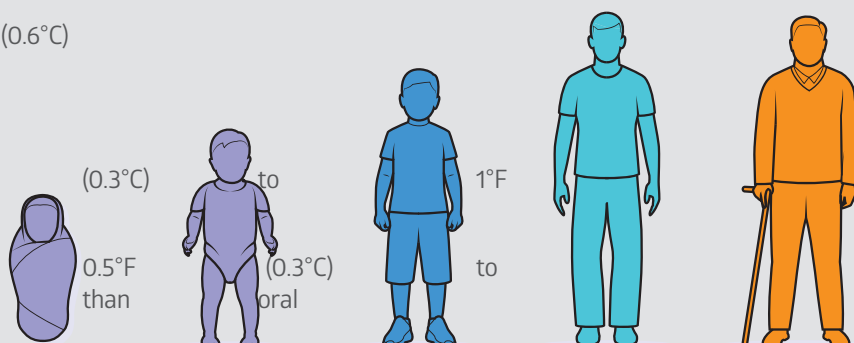
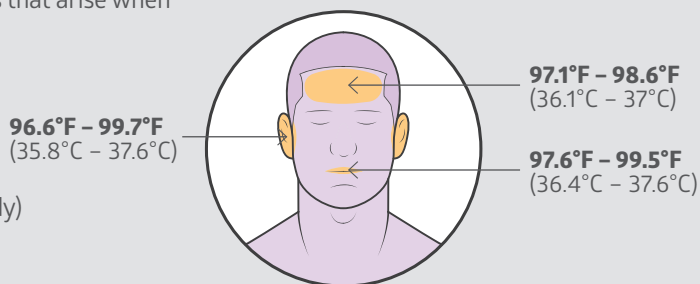
• **Rectal:** 0.5°F (0.3°C) to 1°F (0.6°C) higher than oral temperature²

• **Tympanic (inner ear):** 0.5°F (0.3°C) to 1°F (0.6°C) higher than oral temperature²

• **Oral (mouth)**

• **Axillary (armpit):** 0.5°F (0.6°C) lower than oral temperature²

• **Temporal (forehead):** 1°F (0.6°C) lower than oral temperature²



	Birth – 3 months	4 months – 2 years	3 – 10 years	11 – 65 years	>65 years
Most accurate (definitive)	Rectal	Rectal	Rectal	Rectal	Rectal
Easiest technique (screening)*	1. Axillary 2. Temporal	1. Axillary 2. Temporal 3. Tympanic	1. Tympanic 2. Temporal 3. Axillary 4. Oral	1. Oral 2. Tympanic 3. Temporal 4. Axillary	1. Temporal 2. Oral 3. Axillary 4. Tympanic

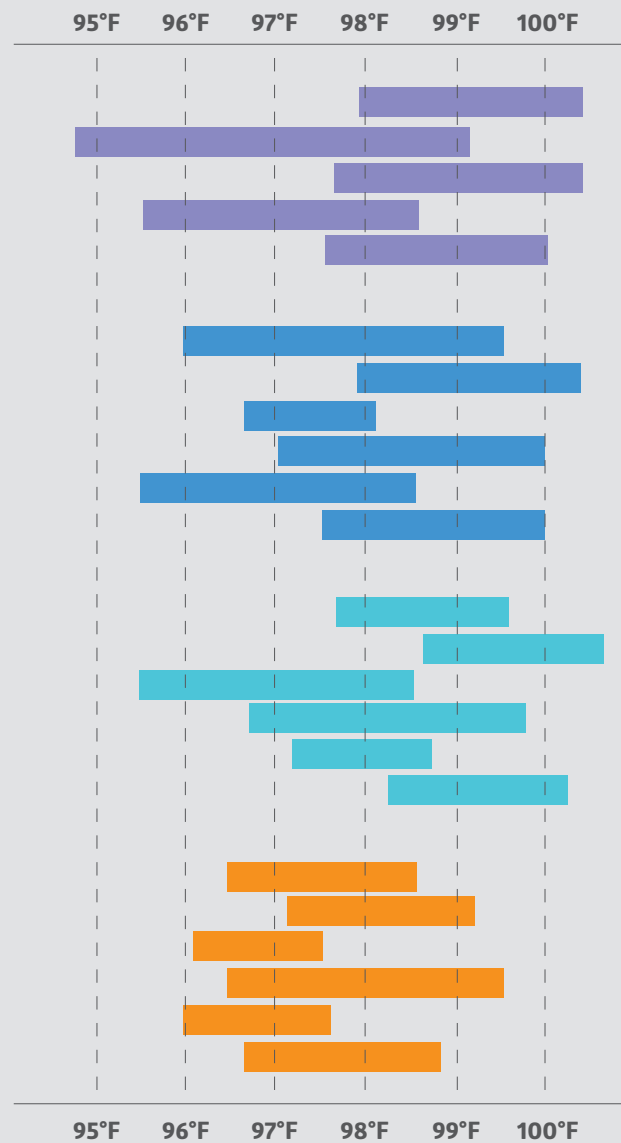
*Easiest to least easy technique listed from 1–4

Clinically acceptable temperature ranges

Table 1 below displays the normal body temperature ranges based on measurement site and age group. This table serves as a reference only. Data provided is compiled from multiple sources with varying levels of accuracy.^{1,3}

Table 1: Normal Body Temperature Ranges

0 – 2 years	
Oral (mouth)	-
Rectal	97.9° – 100.4°F (36.6° – 38.0°C)
Axillary (armpit)	94.5° – 99.1°F (34.7° – 37.3°C)
Tympanic (ear)	97.5° – 100.4°F (36.3° – 38.0°C)
Temporal (forehead)	95.4° – 98.5°F (35.2° – 36.9°C)
Core	97.5° – 100.0°F (36.3° – 37.7°C)
3 – 10 years	
Oral (mouth)	95.9° – 99.5°F (35.5° – 37.5°C)
Rectal	97.9° – 100.4°F (36.6° – 38.0°C)
Axillary (armpit)	96.6° – 98.0°F (35.9° – 36.7°C)
Tympanic (ear)	97.0° – 100.0°F (36.1° – 37.7°C)
Temporal (forehead)	95.4° – 98.5°F (35.2° – 36.9°C)
Core	97.5° – 100.0°F (36.3° – 37.7°C)
11 – 65 years	
Oral (mouth)	97.6° – 99.5°F (36.4° – 37.6°C)
Rectal	98.6° – 100.6°F (37.0° – 38.1°C)
Axillary (armpit)	95.3° – 98.4°F (35.2° – 36.8°C)
Tympanic (ear)	96.6° – 99.7°F (35.8° – 37.6°C)
Temporal (forehead)	97.1° – 98.6°F (36.1° – 37.0°C)
Core	98.2° – 100.2°F (36.7° – 37.8°C)
> 65 years	
Oral (mouth)	96.4° – 98.5°F (35.8° – 36.9°C)
Rectal	97.1° – 99.2°F (36.1° – 37.3°C)
Axillary (armpit)	96.0° – 97.4°F (35.5° – 36.3°C)
Tympanic (ear)	96.4° – 99.5°F (35.7° – 37.5°C)
Temporal (forehead)	95.9° – 97.5°F (35.5° – 37.5°C)
Core	96.6° – 98.8°F (35.8° – 37.1°C)



Preparing thermometers for use

When setting the stage for temperature readings, identify the type of thermometry that will be used and make sure that the equipment is ready, clean and additional accessories such as probe covers and sheaths are readily available.

What can cause differences in temperature readings?

- **Measurement site**—Dependent on where the reading is being taken (See Table 1)
- **Age**—Older adults (age ≥ 60) have a lower temperature than younger adults (age < 60) by approximately 0.41°F (0.23°C).¹
- **Time of day**—Normal body temperature is lower in the early morning and higher in the evening, varying 0.9°F (0.5°C) over the course of the day.⁴
- **Recent physical activity**—Recent physical activity can increase body temperature. Wait at least 30 minutes before undergoing any temperature readings.
- **Ovulation**—Normal body temperature will show a noticeable increase of approximately 0.5 to 1°F (0.3 to 0.6°C) shortly after ovulation.¹⁰
- **Circadian rhythm**—Temperature varies with the sleep and wake cycle. This varies with the time of day. Recordings in the morning are approximately 0.9°F (0.5°C) lower than the evening.⁶
- **Medical conditions**—Any general medical condition that can affect temperature readings must be taken into consideration. This includes, but is not limited to, thyroid disorders, endocrine abnormalities, infections, metabolic disorders, etc.
- **Environment**—It's recommended to take temperature readings in an ambient room. Environments that are too hot or cold can significantly affect temperature readings.
- **Medications**—Many medications can affect temperature output resulting in “drug fever.” Determine if any medications in use are heat-interacting medicines.
- **Anxiety**—Through the nervous system's “flight or fight” response there is a natural propensity to increase body temperature through blood vessel constriction and sweating. This is very common in individuals with anxiety or those who are generally fearful of doctor's office visits.

5 Facial recognition tablet

6 Forehead thermometers

10 Digital stick thermometers

14 Tympanic thermometers

Temperature and facial recognition tablet

Provide a front line defense for your staff, residents and visitors when entering your facility

This new, advanced non-contact tablet reduces the number of staff needed at facility entrances by:

- Prompting users to take a symptom questionnaire*
- Automatically identifying employees with facial recognition*
- Quickly screening for elevated temperatures
- Detecting the presence of a mask*

*Function can be enabled/disabled

Features and benefits:

- Easy to set up and use
- Accurate within 0.54°F
- 30,000 face database; local storage (no cloud based data) and **no monthly fees**
- Can integrate with access control system
- Tablet is NDAA compliant

Item No.	Description	Pkg.
SEC-TEMPKIT	Non-contact temperature scanning tablet NDAA compliant (includes power cord and wall bracket)	1 ea
SEC-TABDESK	Desktop stand for InVidTech SEC-TEMPKIT	1 ea
IPM-TABPED3	Floor stand for InVidTech temperature scanning tablets	1 ea



DISCLAIMER: InVid Tech products are not medical devices and cannot diagnose Coronavirus infection. When configured correctly, the InVid Tech products discussed here can identify individuals showing higher than average temperature relative to a sample population. Only a licensed medical professional can determine if a “hot” individual is experiencing an abnormal medical condition.

Forehead thermometers

Best practices

Forehead thermometry

- The infrared sensing forehead thermometer is a non-contact device, decreasing the risk of cross contamination.
- Thermometer uses infrared sensing technology as it is positioned parallel to the forehead from a distance of about one inch away to obtain a proper temperature reading.
- Because this thermometer relies on infrared scanning technology it's important to make sure the device is properly cleaned without the use of any abrasive material.
- Avoid touching the infrared sensor directly with your fingers.
- CDC guidelines recommend the use of 70% isopropyl alcohol to clean thermometers with a cotton swab (nonabrasive material).⁷
- **If the no-touch thermometer touches the patient's forehead skin during use, properly clean the device before use on the next patient. Refer to user manual for troubleshooting tips.**
- General considerations when taking temporal temperature include: avoiding any temperature readings for at least 30 minutes after any physical activity, bathing, swimming, consuming any food or beverages, or spending time outdoors.

Taking a forehead temperature

1. If the forehead is covered with sweat, dirt, or hair, or makeup has been applied, clean the area and wait 10 minutes before taking a measurement.
2. Position the thermometer approximately one inch from the forehead in a parallel manner.
3. Hold the thermometer and the forehead steady during measurement as movement may impact temperature readings.
4. The device will signal once a measurement has been attained.

Disposable forehead thermometer strips

Mainly used in surgery and acute care centers. Thermometer consists of a matrix of temperature-sensitive segments used to track and monitor changes in body temperature during procedures. White dots below each temperature reading segment can be marked to track changes in temperature during continuous monitoring.

No-touch thermometers

Helps lower risk of cross contamination by eliminating patient contact; no probe covers needed

No-touch forehead thermometer

- One-touch operation
- Displays green light for healthy temperature and red light for fever
- Two measurement modes: human mode (head symbol) and surface mode (bottle symbol)
- Dual scale (Fahrenheit/Celsius)

Item No.	Description	Pkg.
MDSNOTOUCH	Forehead thermometer	1 ea



Bluetooth non-contact forehead thermometers

- Three measurement modes: forehead (adult), forehead (child) and surface mode
- Takes measurements when holding the probe parallel to the forehead and approximately 1.5"—2" away
- Displays green light for healthy temperature and red light for fever, backlit display
- Stores 30 measurements
- Dual scale (Fahrenheit/Celsius)

Item No.	Description	Pkg.
TD1242BT	Bluetooth forehead thermometer	1 ea



Digital temple touch thermometers

Digital temple thermometers

- Accurately measures body heat using R.A.T.E.™ technology (Rapid, Accurate, Temperature Establishment)
- Sensors rapidly track heat flow generated from blood vessels to the skin's surface and convert measurements to body temperature
- Easy-to-use on asleep or alert patients
- Large digital display
- Memory stores previous reading

Item No.	Description	Pkg.
MDS9698L	Temple thermometer	1 ea
MDS9699	Probe covers	250/bx



MDS9698L

Exergen® Temporal Scanner® thermometers

- Convenient one-handed operation
- Completely non-invasive—simply scan across the temporal artery area of the forehead or touch behind the earlobe
- Stainless steel probe for highest durability
- Easy snap-on probe caps
- Three-year warranty for EXGTAT2000; lifetime warranty for EXGTAT5000

Item No.	Description	Pkg.
EXGTAT5000	Infrared temporal artery thermometer	1 ea
EXGTAT2000	Infrared temporal artery thermometer	1 ea
EXGTAT2000C*	Infrared temporal artery thermometer, consumer model	1 ea
EXG134203	Disposable probe caps	1,000/cs
EXG134203H	Disposable probe caps for EXGTAT2000/5000	50/pk*

*Disposable probe caps are not compatible with EXGTAT2000C

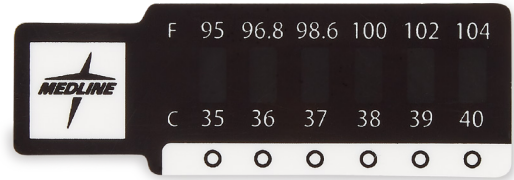


EXGTAT5000

Disposable thermometer strips

Disposable forehead thermometer strips

- Convenient solution to monitoring patients' temperature trends, especially during minor surgical procedures
- 95–104°F and 35–40°C measurement range
- Easy box dispenser with hook-and-loop closure for wall attachment
- Unique initial temperature marking area



MDSTS101

Item No.	Description	Pkg.
MDSTS101	Disposable forehead thermometer strips	5,000/cs
MDSTS101Z	Disposable forehead thermometer strips	500/bx
MDSTS101H	Disposable forehead thermometer strips	100/pk

Digital stick thermometers and sheaths

Best practices

Oral (mouth) thermometry

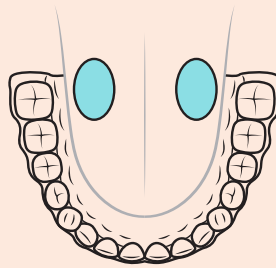
This type of thermometer is not appropriate for confused or uncooperative patients, patients with a history of seizure or individuals who have undergone recent oral surgery/oral trauma.

Taking oral temperature using the clinical digital thermometer (electronic contact thermometer)

- **Blue or white cap**—Oral or axillary use
- **Red cap**—Rectal use

Use of the probe at the wrong site will result in temperature errors

1. Remove the oral probe from the probe storage sheath.
2. Load appropriate probe cover or sheath, depending on device and/or preference.
3. Place the probe tip deep into the patients' sublingual pocket (displayed on the right or left side, under the tongue, furthest back). Temperature differences in the oral cavity exist. It is important to insert the probe in the correct area to achieve accurate temperature readings.
4. Hold the probe in place, keeping the tip of the probe in contact with the lining underneath the tongue near the rear of the sublingual pocket. Have the patient close their lips around the probe.
5. The unit will beep once a final measurement has been reached. Measurement duration should not exceed three minutes at the oral site.
6. Record the measurement site, which side of the mouth the measurement was taken, and properly dispose of the probe cover or sheath (if used).



Oral temperature readings are affected by the following, (wait at least 30 minutes before attempting measurement):

- Ingestion of hot or cold liquids
- Eating food
- Chewing gum or mints
- Brushing teeth
- Smoking
- Performing any strenuous activity

Rectal thermometry

- Considered the reference standard, although there is a lag between changes in core body temperature and temperature in the rectum.⁴
- Do not take rectal temperature measurements in patients with neutropenia (presence of abnormally few neutrophils in the blood, leading to an increased susceptibility to infection).⁴

Taking rectal temperature using a clinical digital thermometer (electronic contact thermometer)

Thorough hand washing greatly reduces the risk of cross contamination and infection.

Use appropriate probe cover to prevent inaccurate temperature readings: "Red for Rectal"

1. Remove the rectal probe from the probe storage sheath.
2. Lubricate the thermometer, probe cover or sheath, using a water-based lubricant or apply a pre-lubricated rectal sheath (use of excessive lubricant may affect reading accuracy).
3. GENTLY insert the probe tip at least 2–3 cm ($\frac{3}{4}$ "– $1\frac{1}{16}$ " for adults and 1 cm ($\frac{3}{8}$ "), but not exceeding 1.5 cm ($\frac{3}{8}$ "), for children. After insertion, tilt the probe so that it's in contact with tissue and hold in place throughout the measurement process until audible beeps are heard (trained personnel recommended).
4. After the measurement is complete, remove the probe from the patient's rectum and eject the probe cover, or remove the sheath (if used), and dispose of it in a waste receptacle.
5. Wash your hands.

Axillary (armpit) thermometry

Direct skin contact is essential. This method is the most sensitive to the outside environment and measurement is often used more as a baseline rather than a true temperature measure.³

Not recommended for any individual that has difficulty in sitting still/compliance.³

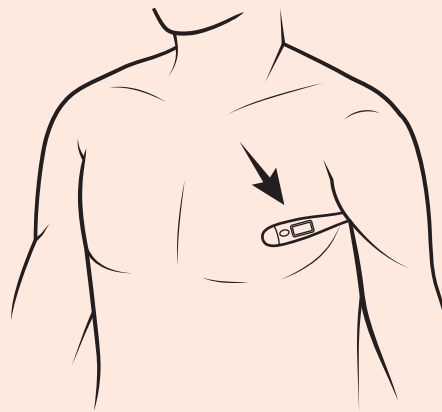
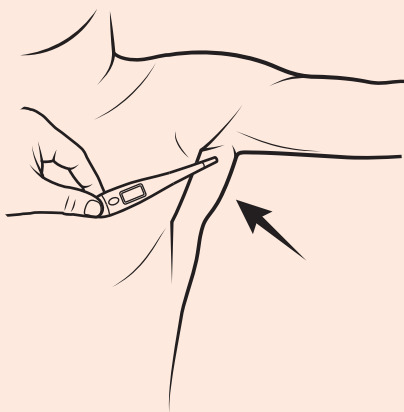
- **This reading is the least accurate of all the temperature readings and should only be used in children who cannot hold the thermometer under their tongue or are unable to use any other measurement site**
- **In children, if the armpit temperature is over 99°F (37.2°C), the rectal temperature should be used⁵**
- **In frail elderly individuals, make sure direct skin contact is evident, as this position may be difficult to achieve for some**

Measurement site should be as high as possible within the armpit with the patient's arm pressed against their side.

The probe should remain in position for as long as it takes to get the measurement (this may be difficult in patients who tend to be more uncooperative).

The natural physiology of our body is influenced by the outside environment; therefore, there is natural variability with the armpit as a site for temperature measurement. Factors that influence this temperature reading include:³

- Ambient (room) temperature
- Local blood flow
- Underarm sweat
- Temperature differences between right and left axilla of up to 2.52°F (1.4°C) have been reported⁶



Taking axillary temperature using a clinical digital thermometer (electronic contact thermometer)

1. Ensure you're using the axillary probe (blue cap).
2. Place appropriate probe cover or sheath, depending on device and/or preference.
3. Do not take an axillary temperature through the patient's clothing. Direct contact between the probe and the skin is required.
4. Lift the patient's arm, exposing the entirety of the axilla.
5. Place the probe as high as possible in the axilla. Do not allow the probe tip to come into contact with the patient until the probe is positioned near the appropriate site. Touching any area other than the measurement site/material may cause inaccurate readings.
6. The device will notify the user when a temperature measurement has been achieved.
7. Before removing the probe, record the temperature reading and location of where the measurement was taken from (right or left armpit).

Digital stick thermometers and sheaths

For the following thermometers, use these approved disposable sheaths to further reduce the risk of cross contamination:

- Oral sheath: MDS9607
- Rectal sheath (pre-lubricated): MDS9604

Discard sheath after each use.

30-Second digital thermometers

- **Blue or white cap** for oral or axillary use
- **Red or blue cap** for rectal use
- Provide accurate temperatures in about 30 seconds, depending on model
- Large LCD screen for easy readings
- Simple push-button start

Item No.	Description	Pkg.
Oral		
MDS9950	Oral °F and °C	144/cs
MDS9950Z	Oral °F and °C	12/bx
MDS9950H	Oral °F and °C	1 ea
MDS9950B	Oral °F and °C, bulk	200/cs
MDS9950BZ	Oral °F and °C, bulk	20/bx
MDS9607	Oral sheaths	100/bx
MDS9928	Oral kit with 20 sheaths, °F and °C	1 ea
Rectal		
MDS9952	Rectal °F and °C	144/cs
MDS9952Z	Rectal °F and °C	12/bx
MDS9952H	Rectal °F and °C	1 ea
MDS9952B	Rectal °F and °C bulk	200/cs
MDS9952BZ	Rectal °F and °C bulk	20/bx
MDS9604	Pre-lubricated rectal sheaths	100/bx
MDS9604CS	Pre-lubricated rectal sheaths	3,600/cs
MDS9929	Rectal kit with 20 sheaths, °F and °C	1 ea
Flex-tip—Used for oral, rectal or axillary measurements		
MDS99902	Flex-tip, water-resistant, °F and °C	240/cs
MDS99902Z	Flex-tip, water-resistant, °F and °C	12/bx
MDS99902H	Flex-tip, water-resistant, °F and °C	1 ea



30-second oral digital stick thermometer
MDS9950



30-second rectal digital thermometer
MDS9952



30-second digital flextip oral, axillary, rectal thermometer
MDS99902

Large display digital thermometers

- Digital thermometers feature a large, clear LCD with a back light for quick, easy viewing
- Provide highly accurate readings within 20 seconds
- Includes water-resistant probe tip for patient use: oral, axillary or rectal
- Offer temperatures in both Fahrenheit and Celsius



MDS9953

Item No.	Description	Pkg.
MDS9953	Large display F/C thermometer	200/cs
MDS9953H	Large display F/C thermometer	1 ea

Disposable clinical thermometer probe covers

- Medline brand, FDA-approved disposable probe covers for use with the WelchAllyn SureTemp® and SureTemp Plus®

Item No.	Description	Pkg.
MDS7701	SureTemp probe cover	7,500/cs
MDS7701Z	SureTemp probe cover	250/bx
MDS7701H	SureTemp probe cover	25/pk



MDS7701



Tympanic thermometers

Best practices

Infrared tympanic (ear) thermometers

To avoid the risk for patient cross-contamination and dirtying the thermometer lens, it's important to use an ear thermometer with the appropriate disposable probe covers, if applicable.

The use of infrared technology without probe covers requires that the thermometer be cleaned between uses as a dirty probe can affect temperature readings.

- CDC guidelines recommend the use of 70% isopropyl alcohol to clean thermometers after each use with a cotton swab (nonabrasive material).⁷

A wide range of temperature occurs within the ear canal, increasing the need for correct thermometer position in order to prevent false reads. Temperatures taken with incorrect placement in ear canal may be 3.6°F (2°C) lower than actual tympanic membrane temperature.⁸

- **Make sure to remove any hearing aids. Wait 5–10 minutes before taking a temperature measurement after immediate removal of any hearing devices.**

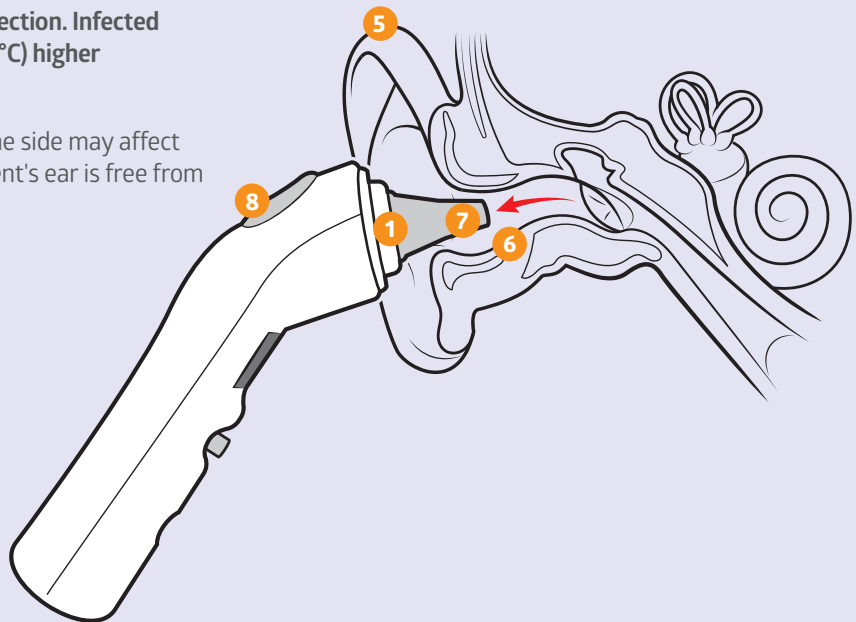
Through safety of design, the device cannot penetrate the eardrum, a fear that many users experience. The device cannot hurt the patient as its design prevents the ability to go further than its proper point of placement.

- **Readings may be affected by earwax (cerumen) that is blocking the ear canal. Blocked ear canals can show a mean temperature that is 0.54°F (0.3°C) lower than that of the non-blocked ear canal.**⁹
- **Reading may be affected by an ear infection. Infected ears have an approximately 0.9°F (0.5°C) higher temperature than non-infected ears.**⁸

Lying down on a pillow with the head to one side may affect temperature readings, make sure the patient's ear is free from any external pressure.³

Taking tympanic temperature using an infrared ear thermometer

1. Cover the probe with the appropriate probe cover (if applicable). This helps to maintain accuracy of the reading and hygiene.
2. Assist the patient into a comfortable position with the head turned to the side, away from the healthcare worker. If the patient is a child, they can be held in a parent's arms or sit on their lap.
3. If using right hand to hold the thermometer, use the patient's right ear; if using the left hand to hold the thermometer use the patient's left ear.
4. It is important to take readings in the same ear for consistent and accurate readings, but please wait 5-10 minutes between readings for the most accurate results.
5. GENTLY pull top of ear (pinna) back, up and out.
6. Insert probe completely into ear. The probe is specifically designed to fit in the ear and will not hurt the patient. Therefore, fit the probe snugly into the ear.
7. With the probe snugly fit in the ear canal, do not move, depress the scan button, or leave the probe in place until the reading is complete.
8. Record the measurement site, right or left ear, and properly dispose of the probe cover.



Tympanic thermometers

Takes an accurate, non-invasive temperature from the tympanic membrane

RightTemp® tympanic thermometers

- Premium, easy-to-use ear thermometer perfect for practically every department and patient
- Simple-to-read backlit LCD displays readings in Fahrenheit or Celsius
- Accuracy: $\pm 0.4^{\circ}\text{F}$, $\pm 0.2^{\circ}\text{C}$
- Stores 10 readings
- Rigid disposable probe covers help reduce the risk of cross-contamination; unit is supplied with 20 covers; additional are sold separately

Item No.	Description	Pkg.
MDS8700	RightTemp Tympanic Thermometer	1 ea
MDS8701	RightTemp Tympanic Thermometer probe cover	5,000/cs
MDS8701Z	RightTemp Tympanic Thermometer probe cover	200/bx
MDS8701H	RightTemp Tympanic Thermometer probe cover	20/pk



MDS8701



MDS8700

Tympanic thermometers

- One-touch operation
- Mechanical quick-release allows easy probe cover change
- Safe to use on patients of any age
- Readings in Fahrenheit and Celsius

Item No.	Description	Pkg.
MDS9700	Tympanic thermometer	1 ea
MDS9701	Probe covers	100 bx



MDS9700

Talking ear and forehead thermometer

- Celsius/Fahrenheit option
- LCD backlit display
- Fever indicator: green (normal), slow blinking red (raised), fast blinking red (high)
- Memory feature recalls past 9 measurements
- **For home-use only**

Item No.	Description	Pkg.
MDSTH1002	Ear and forehead thermometer	1 ea



MDSTH1002

For more information, contact your
Medline Representative or visit [Medline.com](https://www.medline.com)



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