



Body Temperature Measurement: Oral

Quicksheet

1. Perform hand hygiene.
2. Apply clean gloves (*optional*).
3. Verify correct patient using two identifiers.
4. Assist patient to comfortable position that provides easy access to temperature measurement site.
5. Remove thermometer pack from charging unit. Attach oral thermometer probe stem (blue tip) to thermometer unit. Grasp top of the probe stem, being careful not to apply pressure on the ejection button.
6. If using a thermometer with disposable covers, slide disposable plastic probe cover over thermometer probe stem, until cover locks in place if applicable.
7. Ask patient to open mouth, then gently place thermometer probe under tongue in posterior sublingual pocket lateral to center of lower jaw.
8. Ask patient to hold thermometer probe with lips closed.
9. Leave thermometer probe in place until audible signal indicates completion and patient's temperature appears on digital display; remove thermometer probe from under patient's tongue.
10. If using a thermometer with disposable covers, remove plastic cover and discard into proper trash receptacle or push ejection button on thermometer probe stem to discard plastic probe cover into proper trash receptacle.
11. Return thermometer probe stem to storage holder of thermometer unit.
12. Remove gloves (if wearing) and perform hand hygiene.
13. Return thermometer to charger or holder.
14. Inform patient of temperature reading, if appropriate, and record measurement.
15. Report abnormal findings to nurse in charge or health care provider.
16. Document the procedure in the patient's record.

Excerpted and adapted from Perry AG, Potter PA: *Clinical nursing skills & techniques*, ed 7, St. Louis, 2010, Mosby.

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