“Home Healthcare Range”

Information Module
SurgiPack
Thermometers

Caring, Protecting, Supporting
What’s a normal temperature?

- Normal body temperatures can vary and are influenced by factors such as:
- Time of the day (temperature fluctuates over the day, with lowest levels at 3am and the highest at 6pm)
- Physical activity (including exercising, eating, drinking, smoking, showering or bathing)
- Dehydration
- Infectious and immunodeficiency diseases
- Reaction to drugs (eg antibiotics)
- Menstrual Cycle
- Poisoning

The average normal body temperature taken in the mouth is 37°C, but anywhere between 36.5°C and 37.5°C may be normal.

Normal armpit temperatures are 0.2°C to 0.3°C lower than this.

A temperature of 38°C (100.4°F) or above is usually considered to be a significant fever and should be measured again after two to three hours.

A FEVER needs to be identified swiftly.

The use of a good thermometer will confirm and establish its seriousness.
Fever

What is it?

A fever, or pyrexia, is when the body's temperature rises above normal.

- Fever occurs when the body's internal "thermostat" raises the body temperature above its normal level
- This thermostat or heat regulation function is performed by the Hypothalamus

Fever is caused by the release of certain chemicals by the immune system, usually as a result of infection or inflammation. Whilst there are now effective treatments for most infections, fever is an important sign that someone is ill and a cause should always be established.

When to Refer to or contact a doctor

A high fever may be a sign of serious illness. Refer to your doctor if there is a concern especially if:

- an infection is suspected
- it's in a very young child
- the child becomes unusually sleepy or doesn't respond
- the fever is higher than 38.5°C (101.3°F)
- the child won't take fluids
- a child or adult has a stiff neck, an unusual rash or difficulty breathing

A FEVER needs to be identified swiftly. The use of a good thermometer will confirm and establish its seriousness.
Thermometers

Where to measure a temperature

- Oral temperature (in the mouth, under tongue) – normal body temperature is about 37°C
- Axillary temperature (in the armpit) – generally 0.5°C lower than an oral temperature, about 36.5°C
- Rectal temperature (in the rectum) – the most accurate generally 0.5°C higher, about 37.5°C

How to measure a temperature

- Wait half an hour after a physical activity (including exercising, eating, drinking, smoking, showering or bathing)
- Before using the thermometer, wipe the probe with an alcohol swab
- Place the thermometer in position (oral, axillary or rectal)
- Keep the thermometer in the position dependant on type of thermometer
  - Digital thermometers take about 30 to 40 seconds to read body temperature
  - Mercurial thermometers take about 2 to 4 minutes of measurement time
  - For greater accuracy (especially with ovulation thermometers) measure under your tongue and keep your mouth closed for 4 minutes before taking the temperature.
- Withdraw and read temperature
Types of Surgipack Thermometers

- IR (Infrared) Thermometer
- Digital Thermometer
- Flexitip Digital Thermometer
- Forehead Liquid Crystal Thermometer
- Jumbo Digital Thermometer
- Mercurial Thermometer
- Digital Ovulation Thermometer
- Ovulation Mercurial Thermometer

Where to store a thermometer

The thermometers should be stored and used indoors at room temperature 20 – 30°C. The ambient temperature in the storage place influences the temperature measured.

How to clean a thermometer

Before and after each use, clean the thermometer with a soft cloth and a little ethyl alcohol. There is an opportunity to companion sell the thermometer with the Webcol alcohol swabs to clean and sterilise it.
Digital Thermometers

Digital Thermometer Types

- Digital Thermometer
- Jumbo Digital Thermometer
- Flexitip Digital Thermometer

Digital Thermometers

- 30 seconds response time to measure body temperature
- Memory function records last measured temperature
- Water resistant, flexible tip – Flexitip
- Extra large LCD – Jumbo
- Beeps when temperature peak reached – Digital

- Before and after each use, clean the thermometers with a soft cloth and a little alcohol diluted in the water to sterilise or with a Webcol alcohol swab
IR Thermometer

Infrared Ear Thermometer

- The Fastest method to Measure Body Temperature
- The IR (Infrared) Thermometer provide a quicker and more accurate temperature by using Infrared Sensors to obtain a core body temperature reading from the Tympanic Membrane via the ear canal

- Accurate measurement (Closer to the core body temp)
- 1 Sec response time
- Ambient Room Temperature
- Forehead temperature

Note: When Showing the product to Customers it is important that you demonstrate the correct method by Pulling the top of the ear up and slightly Backwards to obtain a clear line of sight to the Tympanic membrane and a more accurate reading.
Forehead Liquid Crystals & Mercurial Thermometers

Forehead Thermometer

- Accurate, safe and convenient method to measure temperature
- Hold Forehead Thermometer strip by the ends and place firmly against dry forehead just above the eyebrows
- 15 second response time
- Check the temperature while still on the forehead (use mirror if alone)
- Green indicates the correct temperature

Mercurial Thermometer

- Low cost option with a high level of accuracy
- 2 to 4 minutes measuring time
**Ovulation Thermometers**

**Digital Ovulation Thermometer**

- During the first two weeks of a woman's cycle, her body temperature is lower (96.0 to 97.5 F)
- With ovulation, a rise in body temperature takes place – caused by an increase of the hormone **progesterone** - in order to provide a warmer, more fertile environment
- A **minimum** temperature rise of 0.4 to 0.6 degrees F can be measured
- By monitoring when this temperature change takes place, you can determine when ovulation takes place in the cycle
- It is recommended that the BBT temperature is taken first thing each morning, at the same time every day
- As any physical activity can increase the resting temperature, it is recommended that the BBT reading is taken before you get out of bed
- Follow product directions, read the temperature to within 1/10 of a degree, and record the reading on the chart provided by the Surgipack Ovulation BBT thermometer

* BBT = Basal Body Temperature
Ovulation Thermometers

Digital Ovulation Thermometer

- High accuracy with 30 second response time
- This thermometer can be dipped in water for washing. It is not recommend to immerse or soak it.
- It displays two decimal places for great accuracy
- Digital thermometer has “Memory function” recording last measured temperature
- Each thermometer comes with Ovulation (fertility) record chart

Mercurial Ovulation Thermometer

- Each thermometer comes with Ovulation (fertility) record chart, a simple way to keep and record your cycles
- Use as per normal Mercurial thermometer instructions

Note: For greater accuracy (especially with ovulation thermometers measuring under your tongue) keep your mouth closed for 4 minutes before taking the temperature.