

How to Take an Oral Temperature (using a digital thermometer)

You Will Need

- A digital thermometer with disposable one time use probe cover
- Oral thermometer probe

Always follow the manufacture's instruction. Never take an infant's temperature by mouth.

Step 1: Check to confirm that the client can breathe through their nose. If not, you cannot get an accurate oral reading.

Step 2: Turn the thermometer on according to the thermometer instructions.

Step 3: Slip a clean disposable cover onto the electronic probe and insert the tip of the thermometer probe with cover under the tongue just to one side of its center. Instruct the client to close their lips around it.

Step 4: Wait until the reading is complete—often indicated by a beep or as directed by the thermometer instructions.

Step 5 : Remove the thermometer and look at the digital reading. The average normal mouth temperature is 98.6 degrees Fahrenheit- record or report the temperature to a responsible adult.

Step 6. Dispose of the disposable probe cover in the proper receptacle. Clean the thermometer as indicated by manufacturers instruction.

Adapted from: J. Mitchell & L. Haroun. Introduction to Health Care. 2007.