

# Recording your Temperature

## Families Division Patient Information Leaflet



The midwife will explain to you how to monitor your temperature.

This is important, as a rise in your temperature may indicate you are developing an infection.

Please record your temperature every 6 hours during the day on the chart on this leaflet, and bring this with you when you come to hospital.

If your temperature is above 37.2°C, please contact

Delivery Suite on 01253 953618 or 953631.

To take your temperature, you should place the tempadot under your tongue for 2 minutes.

<b>Temperature</b>			
	<b>1<sup>st</sup> time taken</b>	<b>2<sup>nd</sup> time taken</b>	<b>3<sup>rd</sup> time taken</b>
<b>Week 1 Day</b> 1			
2			
3			
4			
5			
6			
7			
<b>Week 2 Day</b> 1			
2			
3			
4			
5			
6			
7			
<b>Week 3 Day</b> 1			
2			
3			
4			
5			
6			
7			
<b>Week 4 Day</b> 1			
2			
3			
4			
5			
6			
7			

The midwife will file this information in your health record following admission to Delivery Suite

# Useful contact details

Department: Delivery Suite

Telephone: 01253 953618 or 953631

Hospital Switchboard: 01253 300000

## Patient Relations Department

The Patient Relations Department offers impartial advice and deals with any concerns or complaints the Trust receives. You can contact them via tel: **01253 955588** or by email: **bfwh.patientrelations@nhs.net**

You can also write to us at: **Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: **www.bfwh.nhs.uk**

## References

Details of the references used in writing this leaflet are available on request from: **Procedural Document and Leaflet Coordinator 01253 953397** or **bfwh.trustpolicyteam@nhs.net**

### Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call: **01253 955520**



Our Four Values:

