

Q1: What is the correct way to take BBT with easy@home EBT-100 Digital Basal Thermometer?

Turn on the thermometer by pressing the power button, put the sensor tip into the mouth and place it under the tongue, close the lips and wait. After around 90 seconds, the testing will complete with two Bi-Bi prompting sound and backlight lit up.

Q2: How to review measurements stored in the thermometer?

When power is off, press power button and hold for 3 seconds to enter memory recall model. Short press the button to scroll page, press and hold to exit.

Q3: How to switch temperature unit?

Within 2 seconds after the thermometer turned on, press the button again and hold for 3 seconds to switch the temperature unit between °C and °F.

Q4: How to change battery?

When the “Low battery” icon appears, you need to replace the battery with a new one. Take off the cap on top of the thermometer and replace the battery with a new one of the same model.

Q5: How long can a new battery last?

At least 3 months if taking one measurement a day. Store the Basal Thermometer in very hot or very cold ambient temperature will decrease the battery life.

Q6: Shall I take BBT during Period time?

Yes. We suggest you take BBT every day.

Q7: Why does it take nearly 2 minutes to take one measurement?

The temperature difference before and after BBT spike (around one day after ovulation) is normally 0.54 °F to 0.9 °F, so the BBT to be measured must be in high accuracy. Experiment statistics suggest that 75-second is the minimum time for oral method. The ambient temperature and your body temperature balance status also impact the measurement completing time, and the real time it needs is usually one minute and a half. To ensure accurate reading, please be a little more patient.

Q8: Which cycle day is recommended to start doing BBT? CD1 or CD5?

The best practice is to start taking your basal body temperature (BBT) on CD 1 and every day in your cycle. However, many women take a holiday from BBT on their period which is also typically fine and still allows them to get their 6 consecutive lows before ovulation.

Q9: I am a night-shift nurse. How can I keep BBT results consistent when going back to normal hours on days off?

BBT is difficult in people who work night shifts. You do need to take your basal body temperature (BBT) at the same time each day after at least 3 hours of consecutive sleep, so you should find a way to stick to this as closely as possible. If you are unable to do this, you should rely on alternative methods such as ovulation tests and CM tracking in order to best predict and monitor your fertility. That being said, you may track you BBT after 3-4 hours of uninterrupted sleep after you shifts and should still get reliable readings. This also applies to many new mothers whose babies are not yet sleeping through the night. BBT is difficult to utilize in these scenarios and alternative methods are preferable.

Q10: Among temperatures taken under tongue, from wrist, upper arm and vagina, which one is the most accurate? Please help me pick the best basal thermometer.

The most accurate method of collecting basal body temperature (BBT) is the one that you will consistently use. The most important thing is to pick a temperature reading location and stick to it. For example, you should not utilize a wrist thermometer one day and then an oral one the next day, that will result in inaccurate data. The same for a vaginal BBT versus oral. There's some research to support wrist temperature readings to be slightly more sensitive but oral and vaginal are also very reliable.

We hope these tips were useful. If you have any inquiries about our products or services feel free to contact us via email, call our customer service at 855.822.6999 M-F 9am-5pm CT or visit us at healthcare-manager.com