How to Read 3M Tempa•DOT Thermometers

The last blue dot indicates the correct temperature.

This example reads 98.6°F.

How to Obtain Accurate Readings:

• Wait at least 15 minutes before taking temperature when patient is exposed to cold weather (all assessment methods) or smoking, eating or drinking (oral assessment).

• For oral assessment, place in heat pocket under tongue. Be sure mouth is closed for 60 seconds.

• For axillary assessment, be sure device is against torso, parallel to length of body and completely covered for 3 minutes.

• For rectal assessment, be sure device is completely in sheath and device is inserted into rectum with all dots covered for 3 minutes.

• Allow 10 seconds for the device to ‘lock in’ before reading.

• Read the last blue dot and ignore any skipped dots.

• Retake temperature with new device:
  - If left in mouth longer than 2 minutes.
  - If left under arm or in rectum longer than 5 minutes.

This example reads 37.0°C.
How to Use 3M™ Tempa•DOT™ Single-Use Clinical Thermometers

Oral Use

1. Open Package
   Fold along perforation and tear off a single 3M™ Tempa•DOT™ Thermometer Strip. Peel back top of wrapper to expose handle of thermometer. Remove thermometer by pulling exposed handle, taking care not to touch the dot matrix portion which is to be placed in the patient’s mouth.

2. Insert Thermometer
   Place thermometer into patient’s mouth under the tongue, as far back as possible into either heat pocket, as you would any oral thermometer (see diagram). Generally, adult lips should touch the middle of the “Tempa•DOT” logo. The dots can face either up or down. Have patient press tongue down on thermometer while keeping mouth closed.

3. Wait 60 Seconds

4. Remove Thermometer
   Before reading, wait approximately 10 seconds for dots to lock in.

5. Read and Record Temperature
   The last blue dot on the matrix indicates the correct temperature (ignore any skipped dots). Retake temperature with new device if left in mouth for longer than 2 minutes.

6. Discard Thermometer

Axillary Use

1. Open Package
   Fold along perforation and tear off a single 3M™ Tempa•DOT™ Thermometer Strip. Peel back top of wrapper to expose handle of thermometer. Remove thermometer by pulling exposed handle.

2. Insert Thermometer
   Place thermometer high in the armpit with the dot matrix side against the torso and parallel to the length of the body. Use the patient’s arm to hold thermometer in place.

3. Wait 3 Minutes

4. Remove Thermometer
   Before reading, wait approximately 10 seconds for dots to lock in.

5. Read and Record Temperature
   The last blue dot on the matrix indicates the correct temperature (ignore any skipped dots). Retake temperature with new device if left under arm longer than 5 minutes.

6. Discard Thermometer

Rectal Use

1. Prepare Thermometer
   Inspect sheath. Do not use if malformed or damaged. Insert thermometer completely into sheath, dot-end first and with dots visible through the smooth side of sheath.

2. Insert Thermometer
   Lubricate sheath exterior and insert thermometer with sheath into rectum until the dots and numbers are completely covered.

3. Wait 3 Minutes

4. Remove Thermometer
   Discard sheath. Before reading, wait approximately 10 seconds for dots to lock in.

5. Read and Record Temperature
   The last blue dot on the matrix indicates the correct temperature (ignore any skipped dots). Retake temperature with new device if left in rectum longer than 5 minutes.

6. Discard Thermometer

   CAUTION: Any object inserted into the rectum could cause perforation. DO NOT USE FORCE.

How to Store

Store Tempa•Dot thermometers in an area where temperatures do not exceed 86°F/30°C. When exposed to high temperatures, matrix dots will turn blue. If this occurs:

1. Place in freezer for 1 hour per box of 100, 16 hours per case of 20 boxes. (2 hours per box for Tempa•DOT PLUS thermometers.)

2. Let stand at room temperature for 1 day.

3. Thermometers are now ready for use.
   This process will not affect the accuracy of the thermometers.