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Instructions for using the Geratherm mercury-free oral thermometer

1. Clean the thermometer with warm soapy water and/or an alcohol swab.
2. Shake the thermometer briskly, using a wrist snapping motion, by holding the top of the thermometer until the silver contents, Galinstan[®], is at or below 96 degrees.
3. Place the fluted tip of the thermometer under the tongue and hold in place for 3-5 minutes.
4. Remove the thermometer and roll it back and forth in your hand until you can see the end of Galinstan that has risen up the interior column and corresponds with a number in degrees.
5. Clean the thermometer with warm soapy water and/or alcohol swab, shake the thermometer until the silver contents are again at or below 96 degrees and return the thermometer to its plastic case.



T. Robst
Manager

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Instructions for using the Geratherm mercury-free rectal thermometer

1. Clean the thermometer with warm soapy water and/or an alcohol swab.
2. Shake the thermometer briskly, using a wrist snapping motion, by holding the top of the thermometer until the silver contents, Galinstan[®], is at or below 96 degrees.
3. Lubricate the tip of the rectal thermometer with a water-soluble lubricant before insertion.
4. Gently insert the lubricated tip of the thermometer into the rectum, ½ inch for a child and up to 1 inch for an adult and stop if you meet any resistance.
5. The rectal temperature dwell time can range from 3-5 minutes.
6. Remove the thermometer and wipe off any remaining lubricant. Roll the thermometer back and forth in your hand until you can see the end of the Galinstan that has risen up the interior column and corresponds with a number in degrees.
7. Clean the thermometer with warm soapy water and/or an alcohol swab, shake the thermometer until the silver contents are again at or below 96 degrees and return the thermometer to its plastic case.



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