

Taking Temperature - Rectal

- Infection control procedures apply
- Wear suitable protective equipment, especially gloves
- Ensure absolute privacy and dignity

- You must use a special rectal thermometer
- Ensure the thermometer is sterile
- Make certain the client is calm and settled
- Have them lie on their side, they must be comfortable
- Following manufacturer's instructions - lubricate the thermometer and insert it gently into their rectum
- Insertion is made easier thus: with your left hand (right hand if you are left handed), slightly part the buttocks using your right hand (left hand) to insert
- Following manufacturer's instructions - keep the thermometer in the rectum for a few minutes
- Clean and dry their rectal area and dispose of cleaning items in clinical waste
- Make the client comfortable
- Wash the thermometer in warm water, then, it MUST be sterilised according to manufacturer's instructions
- If at anytime the client is genuinely uncomfortable, unhappy - stop - start again when appropriate

- If the client has diarrhoea, rectal problems etc. do not use this technique

