

# DUTCH COMPLETE INSTRUCTIONS & FAQs

## WHAT DAYS OF THE MONTH DO I COLLECT?

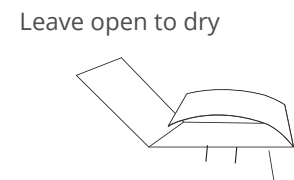
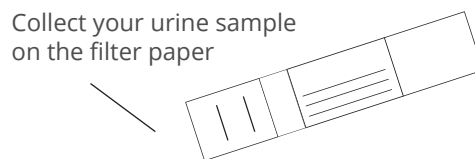
**Cycling Premenopausal Women** Begin collection between days 19 and 22 of a 28-day cycle. For longer cycles, add the number of days you usually go beyond 28 days. Subtract, in a similar manner, if your cycles are shorter (example: collect days 17-20 for a 26 day cycle). You may collect any day if only ordering the **DUTCH Adrenal**.

If an irregular cycles, or you're not bleeding (ablation or uterus removed), watch the irregular cycle collection video in the video library at DutchTest.com for suggestions on collecting.

**Men & Non-Cycling or Postmenopausal Women** Collect any day.

## HOW TO COLLECT

- Complete all information on each collection device.
- Saturate the filter paper by urinating directly on it OR use a clean cup and dip the filter paper.
- Leave the sample open to dry for at least 24 hours.
- Once dry; Close the paper samples and return in the provided envelope with the completed requisition form (required) and the payment card (if needed).
- Results will be returned to your provider 5-10 business days after they are received by the lab.



## WHEN TO COLLECT

While adhering to your most common wake/sleep schedule, collect as close as possible to the below time-line.

**No Caffeine** or large fluid intake after lunch before collecting the dinner sample. No more than one cup of fluids between Samples #3 and #4.



### Watch Your Water/Fluid Consumption

Do not drink any fluids for 2-hours before collecting each sample. We suggest you keep fluids to < 32oz on day 1, and < 8oz between waking (sample 3) and 2hrs after waking (sample 4).

## Collection Schedule

### COLLECTION DAY 1

#### Dinner Time ~5pm

At last meal of the day. **Do not drink fluids for 2-hours before collecting.**



Sample 1

#### Bed Time

Approximate time. **Do not drink fluids for 2-hours before collecting.**



Sample 2

#### Overnight Sample

Extra. **Only if you wake and urinate.** If you urinate a 2nd time, do not collect.



(Extra Sample)

### COLLECTION DAY 2

#### At Waking

Within 10 minutes. **Do not lay awake in bed** before collecting this sample.



Sample 3

#### 2-hrs After Waking

Collect two hours after you wake up (Tip: set a timer after Sample #3)



Sample 4



Questions? Visit [dutchtest.com](http://dutchtest.com), email [info@dutchtest.com](mailto:info@dutchtest.com), or call 503-687-2050

## USING HORMONES?

**DO NOT TAKE** any oral **estrogen, DHEA, or testosterone** the day of, or night before the test. Skip **pregnenolone** for 3 days. Any other hormones taken at NIGHT (including **oral progesterone**) should be taken after sample 2 (bedtime sample). Generally, hormone **creams** or **gels** can be taken as usual during the test. All hormones taken in the **morning** should not be taken until after sample 4.

If you take **glucocorticoids** (Prednisones, Dexamethasone, etc.) check with your provider. For **patches, pellets** and **injections** - collect midway between doses. If you take **sublingual hormones** (absorbed in the mouth under the tongue) OR if you take **oral hydrocortisone** (cortisol), visit [dutchtest.com](https://dutchtest.com) for video instructions.

## FREQUENTLY ASKED QUESTIONS

**What if I miss a collection?** Simply collect the sample as instructed the following day. All samples do not need to be collected in one 24-hour period.

**Do I have to take the samples in the order listed on the instructions?** No, they can be collected in a different order. If you wish, you may start with sample #3, followed by #4, #1 & #2.

**How long can I keep the dried samples before sending them in?** While hormone levels are very stable in dried samples, they should be sent back as soon as possible. If you have to wait to send them in, place in freezer (in bags) after drying.

**Do I need to stop taking my hormones for this test?** This test is built to test patients "on" their hormones. Our suggestion is to follow the Hormone Schedule given on these instructions, but follow any specific instructions given by your provider.

**What if my regular sleep schedule is abnormal? (night workers, etc.)** Collect the bedtime sample (#2) before your longest stretch of sleep, the waking sample (#3) after this sleeping period, and sample #4 two hours later. The dinnertime sample (#1) should be collected 4-7 hours before bed.

