

# 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**.

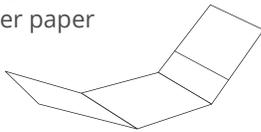
For irregular cycles or non-cycling (ablation or uterus removed), watch the irregular cycle collection video in the video library at [dutchtest.com/videos](http://dutchtest.com/videos) for suggestions on collecting.

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

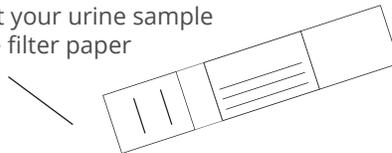
## HOW TO COLLECT

- 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 collection device open to dry for at least 24 hours.
- Once dry, close each collection device. Place all devices in the resealable plastic bag and return in the provided envelope. Be sure to include the completed requisition form (required) and the payment card (if needed).
- Results will be sent to your practitioner 5-10 business days after they are received by the lab.

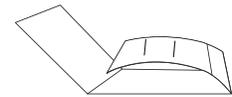
Open to find filter paper



Collect your urine sample on the filter paper



Leave open to dry



## WHEN TO COLLECT

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

**No Alcohol, Caffeine or Large Fluid Intake** after lunch before collecting the dinner sample. No more than one cup of fluids between Samples #3 and #4.

## Collection Schedule



### Watch Your Water/Fluid Consumption

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

### COLLECTION DAY 1

#### Dinnertime ~5pm

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



Sample 1

#### Bedtime

Approximate time. **Do not drink fluids for two 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

No alcohol or caffeine and no more than one cup of fluids between samples #3 and #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 DHEA**, for 48 hours or any **oral estrogen\*** or any **pregnenolone** for 72 hours before your first collection. Any other hormones taken at **NIGHT** (including **oral progesterone**) should be taken after the 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** (Prednisone, Dexamethasone, etc.) check with your practitioner. For **patches, pellets** and **injections**, collect midway between doses. If you take **sublingual hormones** (absorbed in the mouth or under the tongue) **or** if you take **oral hydrocortisone** (cortisol), visit [dutchtest.com](http://dutchtest.com) for specific video instructions.

*\*Do not skip doses of birth control for this test unless instructed by your practitioner.*

## WHAT TO AVOID

### Food Restrictions

Avoid the following foods as much as possible for 72 hours before collecting: Avocado, Bananas, Eggplant, Kiwi, Bitternuts, Pecans, Walnuts (and associated nut butters), Pineapple (and pineapple juice), Plantains, and Plums. If you happen to consume some of these foods, please make a note of it on your requisition form.

### Supplement Restrictions

The following supplements may need to be avoided for 72 hours as well. Do not skip any essential medications without provider approval. If you take any of the following, please consult your provider: 5-HTP, Tryptophan, SAME, Tyrosine, L-Dopa, DL-Phenylalanine (DLPA), Macuna, Quercetin and St. John's Wort.

## 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. If you begin with #3, collect the extra sample if you wake and urinate in the night.

**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 for patients on their hormones. Our suggestion is to follow the Hormone Schedule given in these instructions, but follow any specific instructions given by your practitioner.

**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.

**What if I am unable to urinate at the specific time?** Simply drink some fluids and go as soon as you are able.

**What time should the dinnertime sample be collected?** Ideal is around 5pm, before the evening meal.

**Is DUTCH testing appropriate for children?** The minimum age for testing is 12 years old.



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