

DUTCH PLUS® INSTRUCTIONS

HOW TO 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. In a similar manner, subtract the number of days less than 28 days if your cycles are shorter (example: collect days 17-20 for a 26-day cycle).

For suggestions on collecting with irregular cycles or non-cycling (ablation or uterus removed), please watch this video dutchtest.com/video/irregular-cycle-collection.

Men & Non-Cycling or Postmenopausal Women collect any day.

FOR URINE: Saturate the filter paper (the paper with two black lines) by urinating directly on to, or urinating into a clean cup and dipping the filter paper for 5 seconds. Leave the sample open to **dry for at least 24 hours**. Once dry, close each collection device and place them all in the resealable plastic bag provided.

FOR SALIVA: Remove the blue cap and place the cotton swab from the collection tube in your mouth. Leave the swab in your mouth until fully saturated, but not longer than 5 minutes. Lightly chewing on the swab may help stimulate saliva flow. Once done, place the swab back in the same tube, just as you found it. Do not remove the inner tube. **You do not need to spit into the tube.** Touch the swab as little as possible with your hands. **Freeze all saliva samples** until ready to ship.

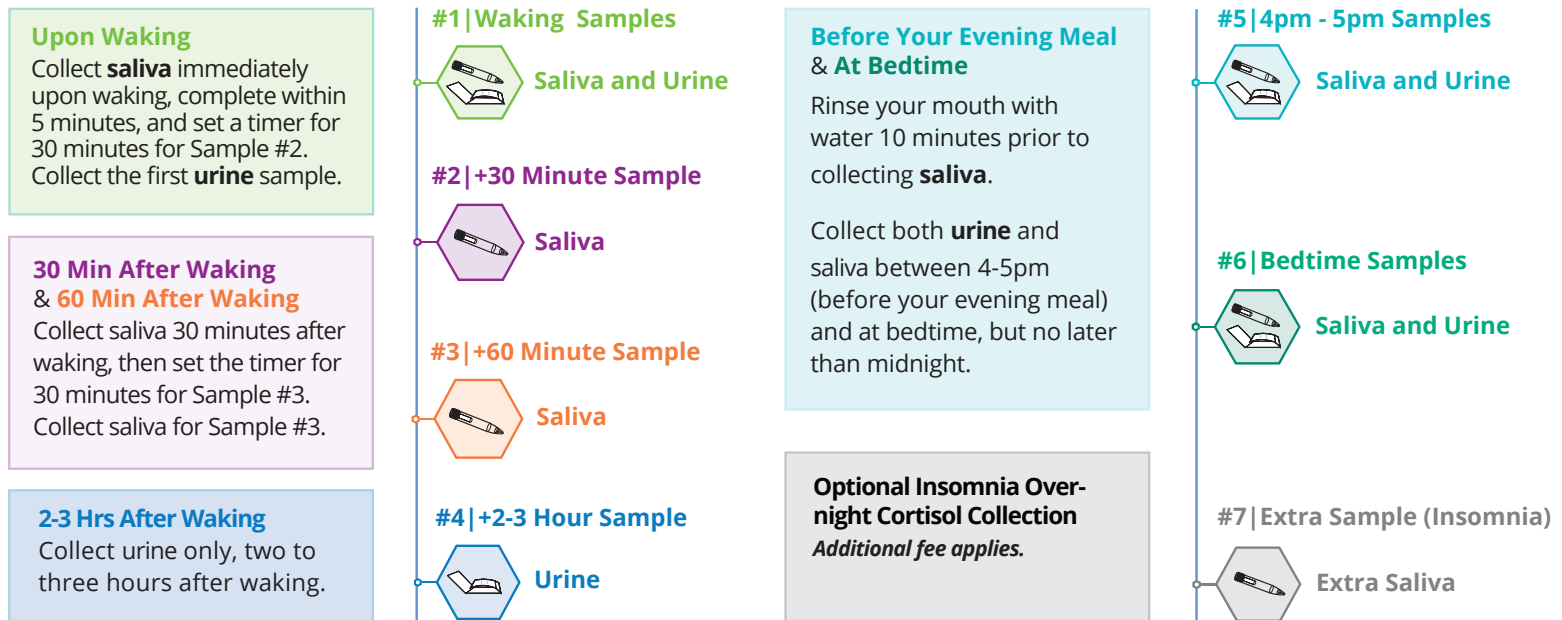
COLLECTION RULES

Caffeine, alcohol, and strenuous exercise may affect results. Avoid morning food and drink until after collection #3. Do not brush your teeth until after collections #3 and #5. **Do not floss** on the day of collection or until **ALL** samples are collected. Consult your provider if you have questions.

Please **limit the amount of fluid intake the night before and the day of the test**. Limit total fluid intake to 32 to 64 ounces on the day of testing. Urine samples are best if they are not too diluted.

WHEN TO COLLECT

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



(OPTIONAL) INSOMNIA OVERNIGHT CORTISOL COLLECTION

If you struggle with staying asleep during the night, collect at the time of your sleep disturbance (minimize light exposure). You may complete the label after rising for the day. Do not return this tube with the others unless you collected; an additional fee will apply.

USING HORMONES?

Collection and dosing timing depends on the question you and your clinician are trying to answer. Our general recommendations for monitoring patients while on therapy are as follows:

Hormone **creams, gels, or suppositories** taken in the morning should be delayed until after sample #4, otherwise, take hormones as directed by your clinician. For **patches, pellets, or injections**, it is usually best to collect midway between doses.

If taking **oral progesterone**, continue taking the night before this test at bedtime or as usual.

DO NOT TAKE oral DHEA 48 hours before, or any **oral or sublingual estrogen*** or **pregnenolone** 72 hours before your first collection. Check with your provider for specific instructions if you are unsure.

Any other hormones taken at **NIGHT** (including **oral progesterone**) should be taken after the bedtime sample.

If you take **glucocorticoids** (Prednisone, Dexamethasone, etc.), check with your provider. These products may significantly impact results. Sublingual hormones may result in difficult interpretations, and it may be best to skip the day of collection.

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

WHAT TO AVOID

Restrictions - Food, Alcohol, Supplements and Exercise

Avoid **caffeine, alcohol, and strenuous exercise** the night before or day of testing because it may negatively affect testing results.

Some foods and supplements may impact HVA organic acid results. Avoid avocado, bananas, and fava beans for 48 hours before collecting for optimal results. If you do consume, please make a note on your requisition form. If you take any of the following supplements, please consult your provider: Tyrosine, L-Dopa, D, L-Phenylalanine (DLPA), Mucuna, and Quercetin.

FREQUENTLY ASKED QUESTIONS

1. What if I miss a collection? The three morning saliva samples must be completed together. Samples #4-6, and the optional insomnia sample #7 can be collected on the following day as instructed.

2. Can I collect samples away from home? Yes. Saliva samples should be frozen within 12 hours. Urine samples can be collected, left out to dry for 24 hours, and kept in a ziploc bag (not the one enclosed).

3. How long can I keep samples before sending them in? The samples should be sent back as soon as possible. If you have to wait to send them in, place dried urine samples in the freezer with saliva samples for no longer than five weeks.

4. 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 instructions listed at the top of this page or any specific instructions given by your provider. If you are on hormones, but your provider wants to see your baseline levels (no hormones), please call 503.687.2050 to discuss.

5. What if my sleep schedule is abnormal (night workers, etc.)? If you and your clinician want to know how night shift is affecting your stress curve, collect the first three saliva samples (samples #1, #2, and #3) after waking from your longest stretch of sleep (ideally, after 5 or more hours of sleep). Collect sample #5 before your evening meal (3rd meal of the day). Collect sample #6 before bedtime.

Alternatively, if you and your clinician want to know how "daytime," not night shift, is affecting your stress curve, then collect on a typical day off.

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

7. Is DUTCH Testing appropriate for children? The minimum age for testing is 12 years old. To test children under 12, we strongly recommend the DUTCH Cortisol Awakening Response (CAR) measured with saliva.

HOW TO RETURN

After freezing the saliva and dried urine samples, place them back inside the test kit box. **Be sure to check that each sample is clearly labeled.** Include the completed requisition form. Place the entire test kit box inside the return mailer. Affix the prepaid label or postage, if applicable, and return using the appropriate carrier.

