

# 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. In a similar manner, subtract 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** or **DUTCH OATs**.

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).



## 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

Approximately 5pm. Do not drink fluids for two hours before collecting.



##### Sample 1

 No alcohol, caffeine or large fluid intake after lunch.

##### Bedtime

Approximate 10pm. Do not drink fluids for two hours before collecting.



##### Sample 2

#### Extra Overnight Sample

Collect at your first waking sleep disturbance with urination\*



\*If you wake and urinate a second time during the night, do not collect.

#### (Extra Overnight Sample)

#### COLLECTION DAY 2

##### Wake/Rising

Within 10 minutes; Do not lay awake in bed before sample #3.



##### Sample 3

##### 2-hrs After Waking

(Tip: set a timer after sample #3.)

No alcohol or caffeine and no more than one cup of fluids between samples #3 and #4.



##### Sample 4

**DO NOT TAKE** oral DHEA 48 hours before, or any **oral estrogen\*** or **pregnenolone** 72 hours before your first collection.

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

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** for specific video instructions.

### Restrictions

When Collecting DUTCH Complete™ or DUTCH OATs

**Foods:** Avoid avocado, bananas and fava beans for 48 hours before collecting as they may elevate the HVA organic acid result; if you do consume, please make a note on your requisition form.

**Supplements:** Some supplements may impact the HVA organic acid result. If you take any of the following, please consult your provider: Tyrosine, L-Dopa, D,L-Phenylalanine (DLPA), Mucuna and Quercetin.

**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?** 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 plastic bag) 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 (listed previously), and any specific instructions given by your provider.

**What if my 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.

**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.