



**dutchplus<sup>®</sup>**

COMPLETE WITH CORTISOL AWAKENING RESPONSE

## Collection Instructions

### Your DUTCH Plus<sup>®</sup> Kit Includes:

- Collection Instructions (*read entirely before beginning*)
- 4 Urine Collection Devices
- 6 Saliva Collection Devices
- One Sealable Plastic Bag (*for return of samples in box*)
- Requisition Form (*must be filled out completely*)
- Return Mailer
- Payment Card (*if necessary*)

# BEFORE YOU GET STARTED

The DUTCH Plus® is the most advanced test for reproductive and adrenal hormones. These instructions will help you successfully collect 4 dried urine and 5 or 6 saliva samples during one day. While testing your stress hormones, we don't want the test itself to stress you out!

**Read through these instructions carefully to easily complete your collections.**

It is best to collect on a relatively "normal" day. If your sleep is abnormally disturbed, you may want to wait for another day.

For help, watch our instructional video at:

**[www.dutchtest.com/video/plus-instructions](http://www.dutchtest.com/video/plus-instructions)**

If you still have questions, please call customer service at **503.687.2050**.

## WHAT DAYS OF THE MONTH DO I COLLECT?

### 1. *Regular Cycles / Premenopausal Women*

Begin collection between days 19 and 22 of a 28-day cycle.

### 2. *Men & Non-Cycling or Postmenopausal Women*

Collect any day.

### 3. *Longer Cycles or Shorter Cycles*

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).

### 4. *Irregular Cycles or Not Bleeding (ablation or hysterectomy)*

Call customer service at **503.687.2050** for assistance in finding the optimal time to collect.

# ARE YOU TAKING ANY HORMONES?

## ***Oral Estrogen, Testosterone or Pregnenolone***

Do not take for 72 hours before your first collection (does not apply to birth control).

## ***Oral DHEA***

Do not take for 48 hours before your first collection.

## ***Oral Progesterone***

Should be taken at bedtime the night before the test.

## ***Hormone Creams and Gels***

Can be taken as usual during the test.

## ***Patches, Pellets and Injections***

Collect midway between doses.

## ***Any and All Hormones Taken in the Morning***

Do not take until after the 2nd urine collection (sample #4).

## ***Sublingual Hormones (absorbed in the mouth)***

Please visit [dutchtest.com](http://dutchtest.com) for specific video instructions.

## ***Oral Hydrocortisone (cortisol)***

Please visit [dutchtest.com](http://dutchtest.com) for specific video instructions or call customer service at 503.687.2050.

## ***Glucocorticoids (Prednisone, Dexamethasone, etc.)***

Check with your provider.

# Restrictions

## **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.**

## WHEN TO COLLECT READ THROUGH CAREFULLY BEFORE PROCEEDING

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

*Don't forget to label each sample as you go. If you're taking hormones, see page 3 for more information.*

## COLLECTION RULES - Read Carefully!

**Avoid caffeine and alcohol** on collection day and the night before.

**Avoid exercise** on collection day.

**Do not brush your teeth** until after collections #3 and #6.

**Do not floss** the day of collection or until ALL samples are collected.

### Upon Waking

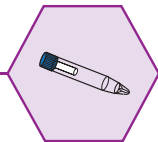
Collect **saliva** immediately upon waking, and complete within 5 minutes. Set a timer for collection #2 and then collect the first **urine** sample. **Do not brush or floss.** Limit yourself to light activities like showering and getting dressed.

#1



No food or drink

#2



No food or drink

#3





## FLUID RESTRICTIONS GUIDELINES

**Please limit the amount of fluid intake the night before and the day of the test.**

Urine samples are best if they are not too dilute. The outline below is a general, fluid-intake guideline to optimize your test results. You may require more or less fluids. You may drink freely after your last urine samples are collected.

- Avoid morning food and drink until after collection **#3**.
- Limit total fluid intake for the rest of the day to no more than 40 oz., spaced throughout the day.
- Avoid food and fluids entirely the hour before collections **#5** and **#6**.

### 2-3 Hrs After Waking

Collect **urine** only, two to three hours after you wake up.

#4



### 4pm to 5pm & 10pm to Midnight

Collect both **urine** and **saliva** between 4-5pm (before your evening meal) and between 10pm-Midnight (or at bedtime, if before 10pm). **Rinse your mouth with water 10 minutes prior to collecting saliva.**

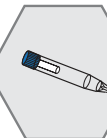
#5



#6



#7



### \*Insomnia Overnight Cortisol Collection

Collect **saliva** immediately at the time of your sleep disturbance.

\* Additional fee applies.

Optional

# How to Collect Saliva

1. Be sure to **complete all information on each collection device.**
2. Begin collecting right when you wake up, before getting out of bed. Remove the blue cap and place the cotton swab from the collection device in mouth.
3. Leave in mouth until fully saturated but not longer than 5 minutes. Lightly chewing on the swab may help stimulate saliva flow.
4. Once done, place 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.
5. You may **freeze all saliva samples** until they are ready to ship.



**Important Note:** For the waking sample, set the saliva collection device, the requisition form, and a pen next to your bed. It is helpful to have a timer nearby to set for 30 and 60 minutes after you have begun your first collection. After collecting the first sample, it is best for you to be in a well-lit place.



## INSOMNIA (OVERNIGHT) CORTISOL COLLECTION INSTRUCTIONS \*

If you struggle with staying asleep during the night, keep this sample collection device close to your bed and collect at the time of your sleep disturbance. This can easily be done without further disturbing your sleep (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.

## WHAT INSIGHT DOES THE INSOMNIA CORTISOL MEASUREMENT OFFER?

Elevated cortisol production may contribute to sleep disturbances in some cases. This new Insomnia Sample can be collected to investigate cortisol's role in your sleep problems. This sample may be collected the night before the other DUTCH Plus® samples or by itself on a separate night when you are struggling with sleep disturbances, generally done between 12:00 - 4:00 am.

*\* Additional fee applies.*



# How to Collect Dried Urine

1. **Complete all information on each collection device.**
2. Saturate the filter paper by urinating directly on it OR urinating into a clean cup and dip the filter paper for 5 seconds.



3. Leave the sample open to **dry for at least 24 hours.**
4. Once dry, close each collection device and place them all in the resealable plastic bag provided.

# How to Return

## Upon Completion

1. After drying the urine collection devices, make sure each sample is clearly labeled and dry.
2. Place the dried urine collection devices in the resealable plastic bag and back in the test kit box, along with the frozen saliva tubes.
3. Complete the requisition form.

## Shipping Information

1. Place the entire test kit box and the completed requisition form inside the return mailer.
2. Affix the prepaid label or postage, if applicable.
3. Return using the appropriate carrier.

***\*\*International patients:  
please check with your practitioner  
on where to return the kit if there is not a  
return mailer and/or prepaid label included.***



## FREQUENTLY ASKED QUESTIONS

### *Can I collect samples away from home?*

Yes. Saliva samples should be frozen within 12 hours. Urine samples can be collected and kept in a ziploc bag (not the one enclosed), for no more than 24 hours, and then dried.

### *How long can I keep the 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 until ready to send.

### *What if I miss a collection?*

Collect the sample as instructed the following day. **This does NOT apply to the three morning saliva samples** — they must be completed together.

### *What if I am unable to urinate at the specific time?*

Simply drink some fluids and go as soon as you are able.

## FREQUENTLY ASKED QUESTIONS CONTINUED...

*What if my regular sleep schedule is abnormal? (night workers, etc.)*

Try to shift your schedule to accommodate the test. Please call the lab for specific instructions.

*Is DUTCH testing appropriate for children?*

The minimum age for testing urine is 12 years old; the DUTCH Cortisol Awakening Response (CAR) measured with saliva is recommended for children of any age.

*What if I am only testing for my Cortisol Awakening Response (CAR)?*

Follow the directions as stated, skipping any urine collections. Only collect saliva.





Questions?  
Call us at **503.687.2050**

**[www.dutchtest.com](http://www.dutchtest.com)**

Precision Analytical Inc.  
3138 NE Rivergate St., Suite 301C, McMinnville, OR 97128

Please watch the Dutch Plus® Collection video on our website: [www.dutchtest.com/video/plus-instructions](http://www.dutchtest.com/video/plus-instructions) or call **503.687.2050** before you begin if you have any questions.

**[www.dutchtest.com](http://www.dutchtest.com)**



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