

## WHAT DAYS OF THE MONTH DO I COLLECT?

### Men & Non-Cycling or Postmenopausal Women

Collect any day.

### Cycling Premenopausal Women

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

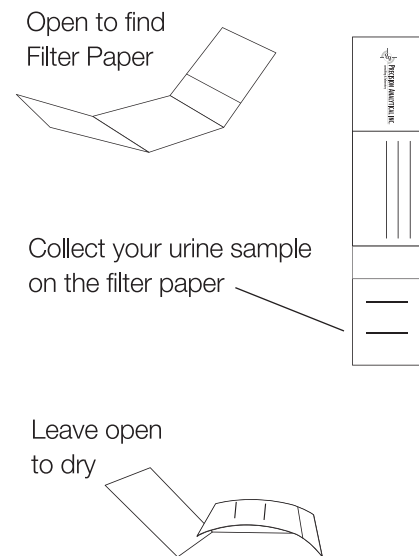
For longer cycles, add the number of days you usually go beyond 28 days. Subtract, in a similar manner, if your cycles are shorter (example: collect days 17 and 20 for a 26 day cycle).

You may collect any day if only ordering the **dutch** Adrenal.

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

## HOW TO COLLECT

1. Complete all information on each collection device.
2. Saturate the filter paper by urinating directly on it OR use a clean cup and dip the filter paper.
3. Leave the sample open to dry for at least 24 hours.
4. Once dry; Close the paper samples and return in the provided envelope with the completed requisition form (required) and the payment card (if needed).
  - Postage is required for shipment, and you may use an express shipping option if you wish to see faster results.
  - Results will be returned to your provider 5-10 days after they are received by the lab.



## Need More Information?

go to [DutchTest.com](http://DutchTest.com) for video instructions!

## WHEN TO COLLECT?

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

### dutch Collection Schedule



**No Caffeine**  
or Large Fluid intake After Lunch

**Dinner Time (#1)**  
Approximate time

**NO Fluids** Two Hours before samples #1 and #2

**Bed Time (#2)**  
Approximate time

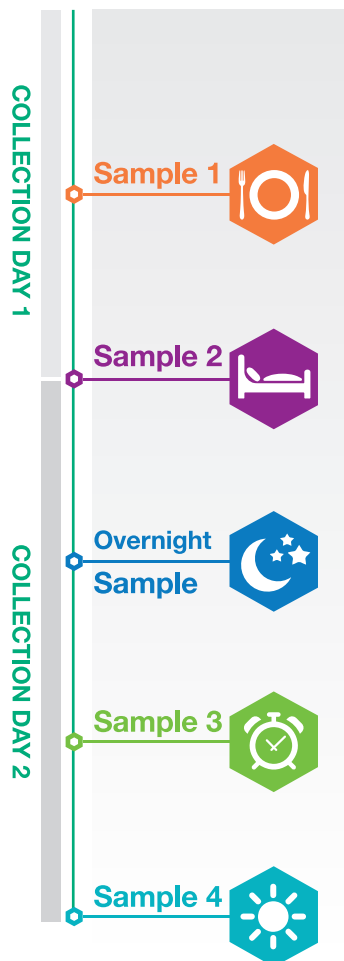
**Extra Overnight Sample**  
Only if you wake

If you wake and urinate a second time, do not collect

**At Waking (#3)**  
Within 10 minutes  
Do not lay awake in bed before sample #3

No more than one cup of fluids between Samples #3 and #4

**2-hr After Waking (#4)**  
**Two Hours After Waking**  
(Tip: set a 2-hr timer after Sample #3)



### Hormone Schedule

If you are taking hormones  
Skip all **oral hormones** except **progesterone** the day of the test and skip **pregnenolone** for two days.

#### Collection Day 1

Take morning hormones as usual.

There is no need to skip any hormone creams/gels while taking this test.

Hormones taken at night and oral progesterone as usual, should be taken after sample #2.

#### Collection Day 2

Take your morning hormones and meds **AFTER** sample #4.

**DO NOT TAKE** morning hormones before Sample #3 or #4 unless instructed to.

#### Extra Hormone Instructions

If you take **glucocorticoids** (Prednisones, Dexamethasone, ect.) 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](http://DutchTest.com) for video instructions.

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## Frequently Asked Questions:

### FAQ

**Q: What if I miss a collection?**

A: Simply collect the sample as instructed the following day. All samples do not need to be collected in one 24-hour period.

**Q: Do I have to take the samples in the order listed on the instructions?**

A: No, they can be collected in a different order. If you wish you may start with sample #3, followed by #4, #1 & #2.

**Q: How long can I keep the dried samples before sending them in?**

A: 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.

**Q: Do I need to stop taking my hormones for this test?**

A: 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.

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

A: 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.

If you have questions, please email: [info@dutchtest.com](mailto:info@dutchtest.com) or call 503-687-2050

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