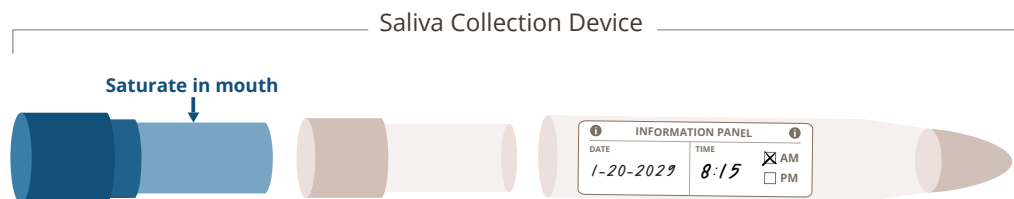


# DUTCH CAR INSTRUCTIONS

## How to Collect



- 1 Fill out information on saliva collection devices
- 2 Saturate cotton swab in mouth with saliva
- 3 Put swab back into the tube and **do not** spit into tube
- 4 **Freeze all saliva samples** until ready to ship

## WHEN TO COLLECT

### Both Males & Females

Collect any day while following your typical routine and most common sleep and wake cycle.



### Rules for Collection Day

**Do not** drink alcohol 24h before or on collection day  
**Do not** drink more than 8oz of caffeine on collection day  
**Do not** brush or floss teeth until after saliva samples in the morning or at bedtime

## Collection Day

### + OPTIONAL (MID-SLEEP or MID-DAY)

Collect once if you wake overnight



### WAKING

Collect within 5 minutes of waking



### +30 MIN

Collect 30 minutes after waking sample



### +60 MIN

Collect 60 minutes after waking sample



### DINNER

Collect at dinnertime  
Between 4-5pm



### BEDTIME

Collect at bedtime  
No later than midnight

If you do not wake overnight, optional to collect before lunch

Do not drink or eat for the next hour

Do not drink or eat until after +60 min sample

Rinse mouth with water  
10 min before dinner and bedtime samples

## DUTCH CAR GUIDELINES

### Taking Hormones?

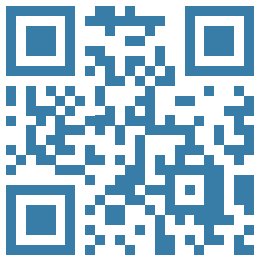
**AVOID USING ON DAY OF COLLECTION**

Hydrocortisone (cortisol) cream

**CONSULT YOUR PROVIDER** if taking

Glucocorticoids\*

(\*Dexamethazone, etc., hydrocortisone)



**FAQs**

[dutchtest.com/instructions](https://dutchtest.com/instructions)

**Questions?** [info@dutchtest.com](mailto:info@dutchtest.com) | 503.687.2050



**dutch**  
CAR

**INSTRUCTIONS**

Visit [dutchtest.com/instructions](https://dutchtest.com/instructions) for video instructions

## How to Return

**Step 1:** Make sure each sample is clearly labeled

**Step 2:** Add saliva samples back into the bag

**Step 3:** Include the accurately completed requisition form

**Step 4:** Place the completed samples inside the return mailer

**Step 5:** Affix the prepaid label or postage, if applicable

**Step 6:** Return to carrier