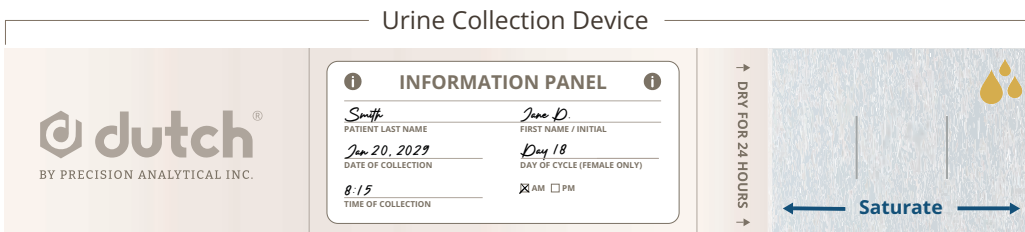


DUTCH COMPLETE INSTRUCTIONS

How to Collect



- 1 Fill out information panel on urine collection devices
- 2 Fully saturate filter paper with urine for 2-3 seconds *or* use a clean cup and dip filter paper
- 3 Leave collection devices open for 24 hours. **Dry completely.**
- 4 Close & repack collection devices in provided plastic bags

WHEN TO COLLECT

Who are you?

Male & Non-Cycling or Postmenopausal Female: Collect any day

Cycling/Perimenopausal Female: For a 28 day cycle, begin collection between days 19 and 22. Collect 6-9 days before end of cycle. **Not sure when to collect?** dutchtest.com/cycle-calculator



Rules for Collection Day

Do not drink alcohol 24h before or on collection days
Do not drink more than 8oz of caffeine on collection days
Do not drink fluid 2 hours before collections
Do not drink more than 40oz of fluid on collection days
If sample not returned within 48 hours, **freeze samples**

Collection Days



DINNER



BEDTIME



MID-SLEEP



WAKING



+2 HOURS

Collect once if you wake overnight to urinate

Collect Within 10 minutes of waking for the day

Collect 2 hours after waking collection

DUTCH COMPLETE GUIDELINES

What To Avoid

48 hours before collecting

Bananas

Fava Beans

Creatine

If consumed, please note on requisition form

Consult your provider if taking any of these supplements

Tyrosine

L-Dopa

D,L-Phenylalanine (DLPA)

Mucuna

Quercetin

Taking Hormones?

USE AS DIRECTED

Topical hormone creams or gels

Oral progesterone (take at bedtime)

COLLECT MIDWAY BETWEEN DOSES

Patches

Pellets

Injections

TAKE MORNING DOSES

of hormones after

 **+2 HOURS sample**

TAKE NIGHT DOSES

of hormones after

 **BEDTIME sample**

72 hours before collecting do not take

Oral or sublingual DHEA, estrogen, or pregnenolone

Do not skip doses of birth control unless instructed by your provider

CONSULT YOUR PROVIDER if taking

Glucocorticoids*, sublinguals, or oral hydrocortisone

(*Prednisone, Dexamethasone, etc.)



dutch
COMPLETE

INSTRUCTIONS

Visit dutchtest.com/instructions for video instructions

How to Return

Step 1: Make sure each sample is clearly labeled

Step 2: Place folded samples inside the provided 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



FAQs

dutchtest.com/instructions

Questions? info@dutchtest.com | 503.687.2050