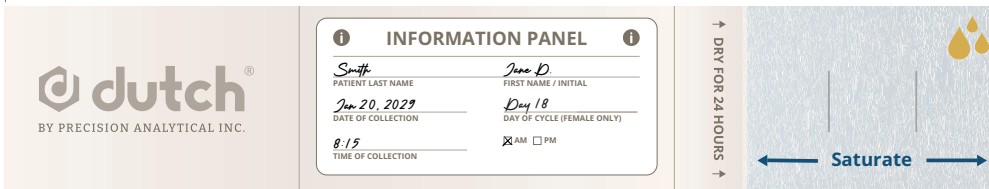


DUTCH PLUS INSTRUCTIONS

How to Collect Urine

Urine Collection Device



Urine

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

How to Collect Saliva

Saliva Collection Device



Saliva

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

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 day
- Do not** drink more than 8oz of caffeine on collection day
- Do not** drink more than 40oz of fluid on collection day
- Do not** brush or floss teeth until after saliva samples in the morning or at bedtime
- If urine not returned within 48 hours, **freeze samples**

Collection Day

+ OPTIONAL
(MID-SLEEP or MID-DAY)

Saliva

Collect once if you wake overnight

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

WAKING

Urine Saliva

Collect within 5 minutes of waking

Do not drink or eat for the next hour

+30 MIN

Saliva

Collect 30 minutes after waking sample

+60 MIN

Saliva

Collect 60 minutes after waking sample

Do not drink or eat until after +60 min sample

+2 HOURS

Urine

Collect 2 hours after waking sample

DINNER

Urine Saliva

Collect at dinnertime

Rinse mouth with water
10 min before dinner and bedtime samples

BEDTIME

Urine Saliva

Collect at bedtime

DUTCH PLUS 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
PLUS

INSTRUCTIONS

Visit dutchtest.com/instructions for video instructions

How to Return

Step 1: Make sure each sample is clearly labeled

Step 2: Add saliva and urine 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



FAQs

dutchtest.com/instructions

Questions? info@dutchtest.com | 503.687.2050