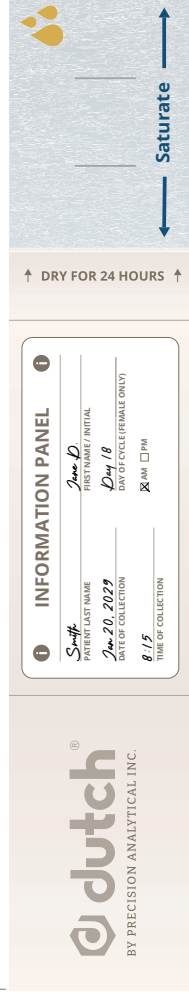


# DUTCH CYCLE MAPPING COMPLETE INSTRUCTIONS

## How to Collect Urine

### Urine Collection Device



Step 1: Fill out information on urine collection devices

Step 2: Saturate filter paper with urine for 2-3 seconds

Step 3: Leave collection devices open for 24 hours. **Dry completely.**

Step 4: Close & repack collection devices in provided plastic bag



Urine

## Which Schedule Should I Use?

**How long is your typical cycle?**

**Standard Cycle:**

34 days or shorter

**Long Cycle:**

More than 34 days

**No Cycle:**

Cycling without bleeding



Need help?

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



**dutch**  
CYCLE MAPPING  
COMPLETE

**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 urine samples back into the bag

**Step 3:** Be sure the requisition form is complete and accurate

**Step 4:** Include the accurately completed requisition form and this page

**Step 5:** Place the completed samples inside the return mailer

**Step 6:** Affix the prepaid label or postage, if applicable

**Step 7:** Return to carrier



**FAQs**

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

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

# DUTCH CYCLE MAPPING COMPLETE COLLECTION

## Standard or Short Cycle

### 34 days or shorter

- **Start collection** on day 7 of your cycle
- **Collect samples upon waking**
- **If you miss a collection**, collect the following day and continue normal collections
- **If menstrual flow begins** during collection, collect one more sample (the next day) and skip to *Final Collection Day* below\*
- If you complete the cycle samples and not started a new cycle, contact us [503.687.2050](tel:503.687.2050)

DAY	DATE	DAY	DATE
7		19	
9		20	
10		21	
11		22	
12		24	
13		26	
14		28	
15		30	
16		33	
17		36	
18			

NEW CYCLE START DATE

## Long Cycle

### More than 34 days

- **Start collection** on day 7 of your cycle
- **Collect samples upon waking**
- **If you miss a collection**, collect the following day and continue normal collections
- **If menstrual flow begins** during collection, collect one more sample (the next day) and skip to *Final Collection Day* below\*

DAY	DATE	DAY	DATE
7		27	
11		29	
15		31	
17		34	
19		37	
20		40	
21		43	
22		47	
23		51	
24		55	
25			

NEW CYCLE START DATE

## No Cycle

### Functional ovaries, no menstrual flow

- **Start collection** any day
- **Collect samples upon waking**
- **Collect samples #1-16** every other day
- **Skip day 32**
- **On day 33** *Final Collection Day* below\*

DAY	DATE	DAY	DATE
1		17	
3		19	
5		21	
7		23	
9		25	
11		27	
13		29	
15		31	

Write down collection dates above and on test strips before you begin  
You will not be collecting every day, please take note of the days that will be skipped

## \*Final Collection Day – Collect on day 4 of new cycle



### Rules for Collection Day

**Results will be impacted if taking** estrogen, progesterone or pregnenolone  
**Do not** drink more than 8oz of caffeine on collection day  
**Do not** drink alcohol 24h before or on collection day  
**Do not** drink more than 40oz of fluid on day of collection  
 If sample not returned within 48 hours, **freeze samples**

Date	
Time	

Date	
Time	

Date	
Time	

Date	
Time	



**WAKING**

Collect within 5 minutes of waking

Do not drink more than 8oz of fluid for the next 2 hours



**+2 HOURS**

Collect 2 hours after waking sample



**DINNER**

Collect at dinnertime

Do not drink fluids 2 hours before dinner sample



**BEDTIME**

Collect at bedtime

Do not drink fluids 2 hours before bedtime sample