

DUTCH CYCLE MAPPING INSTRUCTIONS

How to Collect Urine

Urine Collection Device



BY PRECISION ANALYTICAL INC.

1 INFORMATION PANEL

Patient: *Smith*
FIRST NAME / INITIAL: *Jane D*
DATE OF COLLECTION: *Jan 20, 2023*
DAY OF CYCLE (FEMALE ONLY): *Day 18*
TIME OF COLLECTION: *8:15* ☒ AM ☐ PM

↑ DRY FOR 24 HOURS ↑

Saturate



- 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

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**
for video instructions



Visit 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
Questions? info@dutchtest.com | 503.687.2050

DUTCH CYCLE MAPPING 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* below*
- If you complete the cycle samples and have not started a new cycle, contact us [503.687.2050](tel:503.687.2050)

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

NEW CYCLE START DATE

FINAL COLLECTION - Collect on day 4 of new cycle			
Sample 1 DATE	Sample 2 DATE	Sample 3 DATE	Sample 4 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* below*

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

NEW CYCLE START DATE

FINAL COLLECTION - Collect on day 4 of new cycle			
Sample 1 DATE	Sample 2 DATE	Sample 3 DATE	Sample 4 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** skip to *Final Collection* below*

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

FINAL COLLECTION - Collect on day 33

Sample 1 DATE	Sample 2 DATE	Sample 3 DATE	Sample 4 DATE



Results will be impacted if taking estrogen, progesterone or pregnenolone

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