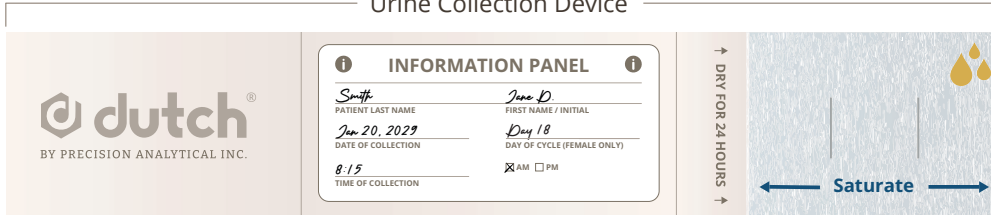


DUTCH CYCLE MAPPING PLUS INSTRUCTIONS

How to Collect Urine

Urine Collection Device



The image shows a urine collection device with a label and a filter paper. The label is titled "INFORMATION PANEL" and contains fields for Patient Last Name, First Name / Initial, Date of Collection, Day of Cycle (Female Only), and Time of Collection. The filter paper is labeled "Saturate" and has a "DRY FOR 24 HOURS" instruction.

INFORMATION PANEL	
Patient Last Name <i>Smith</i>	First Name / Initial <i>Jane D.</i>
Date of Collection <i>Jan 20, 2029</i>	Day of Cycle (Female Only) <i>Day 18</i>
Time of Collection <i>8:15</i>	☒ AM ☐ PM

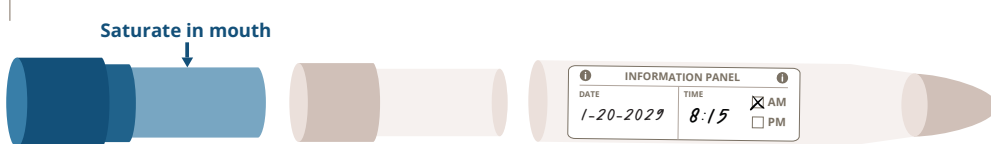
DRY FOR 24 HOURS

Saturate

- Step 1:** Fill out information 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



The image shows a saliva collection device with a label and a swab. The label is titled "INFORMATION PANEL" and contains fields for Date, Time, and AM/PM. The swab is labeled "Saturate in mouth".

INFORMATION PANEL	
DATE <i>1-20-2029</i>	TIME <i>8:15</i>
☒ AM ☐ PM	

Saturate in mouth

- Step 1:** Fill out information on saliva collection devices.
- Step 2:** Remove cap. Tip tube to place swab in mouth. Lightly chew (helps saliva flow) and saturate swab 2-3 min.
- Step 3:** Return swab to tube. Do not touch with hands.
- Step 4:** **Freeze all saliva samples** until ready to ship.

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



dutch
CYCLE MAPPING
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:** 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 PLUS 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, skip to *DUTCH Plus Instructions* 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, skip to *DUTCH Plus Instructions* 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** collect *DUTCH Plus* 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

*DUTCH Plus – Collect on day 4 of new cycle



Rules for Collection Days

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
Do not brush or floss teeth until after saliva samples in the morning or at bedtime
 If sample not returned within 48 hours, **freeze samples**

Date	Time	Date	Time	Date	Time	Date	Time	Date	Time	Date	Time	Date	Time
------	------	------	------	------	------	------	------	------	------	------	------	------	------

+ 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