



**dutchcar**

CORTISOL AWAKENING RESPONSE | SALIVA TEST

## Collection Instructions

### Your CAR Saliva Kit Includes:

- Collection Instructions (*read entirely before beginning*)
- 6 Saliva Collection Devices
- Requisition Form
- Return Envelope
- Payment Card (*if necessary*)

## BEFORE YOU GET STARTED

The cortisol awakening response (CAR) provides advanced insight into your stress response and adrenal function. These instructions will help you successfully collect 5 or 6 saliva samples during one day.

While testing your stress hormones, we don't want the test itself to stress you out! Read through these instructions carefully to easily complete your collections.

It is best to collect on a relatively "normal" day. If your sleep is significantly disturbed, you may want to wait for another day.

For help with collecting, watch our instructional video at

[www.dutchtest.com/video/car-collection-instructions](http://www.dutchtest.com/video/car-collection-instructions)

If you still have questions, please call customer service at [503.687.2050](tel:503.687.2050).

## ARE YOU TAKING ANY HORMONES?

If you or anyone in your household is using hydrocortisone cream, discontinue the day before and wash your hands thoroughly before handling any part of the test kit.

### **Oral Hydrocortisone (cortisol)**

Please visit [dutchtest.com](http://dutchtest.com) for specific video instructions or call customer service at 503.687.2050.

### **Glucocorticoids (Prednisone, Dexamethasone, etc.)**

Check with your provider.

## FREQUENTLY ASKED QUESTIONS

### *Can I collect samples away from home?*

Yes. Saliva samples should be frozen within 12 hours.

### *How long can I keep the samples before sending them in?*

The samples should be sent back as soon as possible. If you have to wait to send them in, keep them in the freezer until ready to send.

### *What if I miss a collection?*

Collect the sample as instructed the following day. **This does NOT apply to the three morning saliva samples** — they must be completed together.

## FREQUENTLY ASKED QUESTIONS CONTINUED...

*What if my regular sleep schedule is abnormal (night workers, etc.)?*

Try to shift your schedule to accommodate the test. Please call the lab for specific instructions.

*Is DUTCH testing appropriate for children?*

The DUTCH Cortisol Awakening Response (CAR) measured with saliva is recommended for children of any age.

## COLLECTION TIMELINE

### READ THROUGH CAREFULLY BEFORE PROCEEDING

*While adhering to your most common wake/sleep schedule, collect as close as possible to the timeline below. **Don't forget to label each sample as you go. If you're taking hormones, see page 2 for more information.***

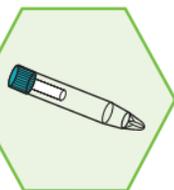
#### Upon Waking

Collect **saliva** immediately upon waking, and complete within 5 minutes. Set a timer for collection #2. **Do not brush or floss.** Limit yourself to light activities like showering or getting dressed.

#### 30 Min After Waking & 60 Min After Waking

Collect **saliva** 30 and 60 minutes after waking. After collecting both of these samples, you may eat and brush your teeth.

#1



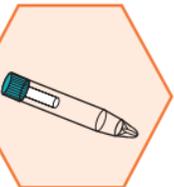
No food or drink

#2



No food or drink

#3



## COLLECTION RULES - Read Carefully!

**Avoid caffeine and alcohol** on collection day and the night before.

**Avoid exercise** on collection day.

**Do not brush your teeth** until after collections #3 and #5.

**Do not floss** the day of collection or until ALL samples are collected.

### 4pm to 5pm & 10pm to Midnight

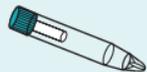
Collect between 4-5pm (before your evening meal) and between 10pm-Midnight (or at bedtime, if before 10pm). **Rinse your mouth with water 10 minutes prior to collecting.**

### \*Insomnia Overnight Cortisol Collection

Collect **saliva** immediately at time of your sleep disturbance.

\*Additional fee applies

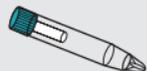
#4



#5



#6



Optional

# How to Collect Saliva

1. Begin collecting right when you wake up, before getting out of bed. Remove the blue cap, and place the cotton swab from the collection device in mouth.
2. Leave in mouth until fully saturated but not longer than 5 minutes. Lightly chewing on the swab may help stimulate saliva flow.
3. Once done, place swab back in the same tube, just as you found it. Do not remove the inner tube. **You do not need to spit into the tube.** Touch the swab as little as possible with your hands. **Label each device completely.**
4. **Freeze** all saliva samples until they are ready to ship.



**Important Note:** For the waking sample, set the saliva collection device, the requisition form, and a pen next to your bed. It is helpful to have a timer nearby to set for 30 and 60 minutes after you have begun your first collection. After collecting the first sample, it is best for you to be in a well-lit place.

## INSOMNIA (OVERNIGHT) CORTISOL COLLECTION INSTRUCTIONS\*

If you struggle with staying asleep during the night, keep this sample collection device close to your bed and collect at the time of your sleep disturbance. This can easily be done without further disturbing your sleep. You may complete the label after rising for the day.

Do not return this tube with the others unless you collected; an additional fee will apply.

## WHAT INSIGHT DOES THE INSOMNIA CORTISOL MEASUREMENT OFFER?

Elevated cortisol production may contribute to sleep disturbances in some cases. This new Insomnia Sample can be collected to investigate cortisol's role in your sleep problems. This sample is generally collected between 12:00 - 4:00 am.

\* *Additional fee applies.*



# How to Return

## Upon Completion

After freezing the saliva samples, place them back inside the test kit box.

**Be sure to check that each sample is clearly labeled.** Include the completed requisition form.

## Shipping Information

Place the entire test kit box inside the return envelope. Affix the prepaid label or postage if applicable. Return using the appropriate carrier.

International patients: please check with your practitioner on where to return the kit if there is not a return envelope/label included (avoid leaving out in warm weather).





Questions?  
Call us at 503.687.2050  
[www.dutchtest.com](http://www.dutchtest.com)

Please watch our instructional video on our website:  
[www.dutchtest.com/video/car-collection-instructions](http://www.dutchtest.com/video/car-collection-instructions)  
or call **503.687.2050** before you begin if you have any  
questions.

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