



dutchplus

COMPLETE WITH CORTISOL AWAKENING RESPONSE

BEFORE YOU GET STARTED

The DUTCH Plus™ is the most advanced test for assessing reproductive and adrenal hormones. To carry out this test, these instructions will help you to successfully collect 4 dried urine, and 5 saliva samples during one day.

Please read through these instructions carefully in order to easily complete your collections.

While testing your stress hormones, we don't want the test itself to stress you out!

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

RN LABS CANNOT, UNDER ANY CIRCUMSTANCES, OFFER HEALTH ADVICE TO PATIENTS. SHOULD YOU REQUIRE FURTHER SUPPORT, PLEASE CONTACT YOUR HEALTHCARE PRACTITIONER.

WHEN DO I BEGIN COLLECTION?

Are You Currently Taking Hormones?

Refer to the back page before determining your collection day.

Regular Cycles / Premenopausal Women

Begin collection on a day between days 19 and 22 of a 28-day cycle. TIP - 7 days before end of cycle.

Men & Non-Cycling or Postmenopausal Women

Collect on any day.

Longer or Shorter Cycles?

For longer cycles, move forward collection the same number of days you usually go beyond 28 days.

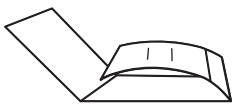
In a similar manner, subtract the amount of days, if your cycles are shorter.

(e.g. collect between days 17-20 for a 26 day cycle)

Irregular Cycles or Not Bleeding

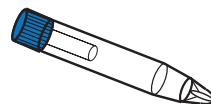
(e.g. after ablation or hysterectomy)

Contact your practitioner for assistance and advice on collection.



HOW TO COLLECT DRIED URINE

1. Complete all information on each collection device.
2. Saturate the filter paper by urinating directly on it OR use a clean cup and dip the filter paper for 5 seconds.
3. Leave the sample open to dry for at least 24 hours.
4. Once dry, close each collection device, and place them all in the resealable plastic bag provided.



HOW TO COLLECT SALIVA

1. Remove the blue cap, and then the cotton swab from the collection device and place 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 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.

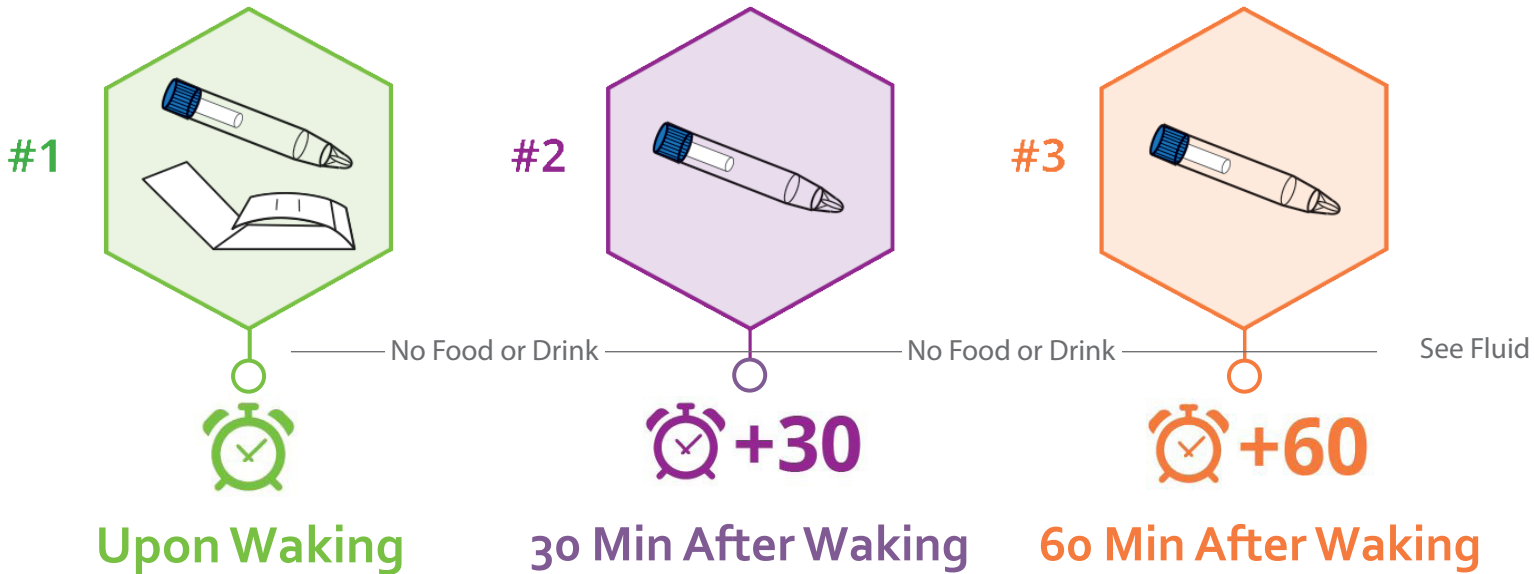
COLLECTION TIMELINE & RULES

READ THROUGH CAREFULLY BEFORE PROCEEDING

- Adhere to your most common wake/sleep schedule, and collect as close as possible to the timeline below.
- Don't forget to label each sample fully as you go.
- If you are taking hormones, turn to back page for more information.

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. Similarly, for the optional sample, ensure that all materials are ready by your bedside for accurate notation.



Collect **saliva** immediately upon waking, and complete within 5 minutes. Set a timer for next sample and collect the first **urine** sample.

- Collect **saliva** 30 and 60 minutes after waking.
- **Do not brush or floss.**
- Limit yourself to light activities like showering and getting dressed.
- After collecting both of these samples, you may eat and brush your teeth.



1 cup liquid
ONLY after #3
and before #4



FLUID RESTRICTIONS & GUIDELINES

Please limit your fluid intake the night before and the day of the test.

Urine samples are best if they are not too dilute. The outline to the right is a general fluid-intake guideline to optimise your test results.

- Avoid food and drink until after #3.
- Limit fluid intake to 250ml between #3 and #4.
- After #4, limit total fluid intake for the rest of the day to no more than 1litre, spaced throughout the day.
- Avoid food and fluids the hour before #5 and #6.

REQUIREMENTS



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



Avoid exercise on collection day.

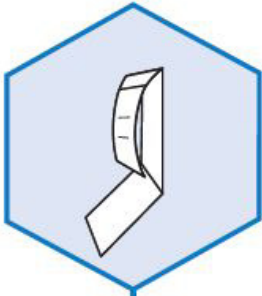


Do not brush your teeth until after collections #3 and #6.

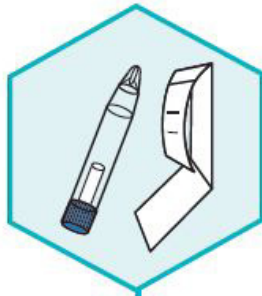


Do not floss the day of collection.

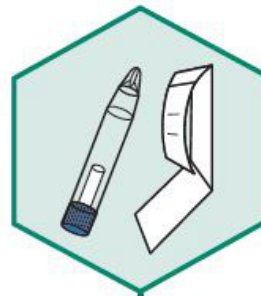
#4



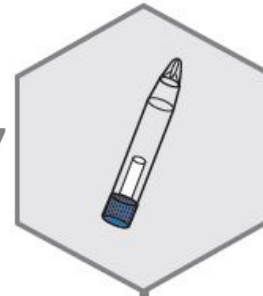
#5



#6



#7



Optional

Guidelines

See Fluid Guidelines

See Fluid Guidelines



2-3 Hrs After Waking



4pm to 5pm



10pm - Midnight



Optional - Upon Sleep Disturbance

Collect **urine** only, 2 - 3 hours after you wake up.

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



1 litre liquid MAX after #4 and before #6



1 hour before #5



1 hour before #6



Collect saliva immediately at time of sleep disturbance. #7

UPON COMPLETION

1. After drying the urine strips for 24 hours, be sure to check that each sample is clearly labeled and dry.
2. Check the paperwork is correct. Ensure the requisition form, the sample tubes and urine strips are labelled clearly and all details are correct.
3. Place them in the resealable plastic bag and back in the box, along with the frozen saliva tubes. Include the completed requisition form.

SHIPPING SAMPLE

1. Place box in Australia Post satchel.
2. Fill out your details on the back of the satchel and sign the FRONT.
3. Post the sample immediately to RN Labs (Refer to the instructions on the post satchel for more information).

AVOID REJECTION

**** SAMPLE REJECTION INCURS A \$50 RECOLLECTION FEE ****

- Send sample **immediately** after collection
- Ensure Requisition Form and ALL Samples are clearly labelled.
- Ensure the patient's name and date of birth are identical on the requisition form and the sample bag.

ARE YOU TAKING ANY HORMONES?

If Any Hormones Taken in the Morning

Do not take until after the 2nd urine collection (sample #4).

If Oral Estrogen, DHEA, or Testosterone

Do not take on the day before or the day of the test. (Does not apply to birth control)

If Oral Progesterone

Should be taken at bedtime the night before the test.

If Pregnenolone

Do not take for 3 days prior to testing.

If Hormone Creams and Gels

Can be taken as usual during the test.

If Patches, Pellets and Injections

Collect samples midway between doses.

If Sublingual Hormones (absorbed in the mouth)

Check with your practitioner.

If Oral Hydrocortisone (cortisol)

Check with your practitioner.

If Glucocorticoids

(Prednisone, Dexamethasone, etc.)

Check with your practitioner.

FREQUENTLY ASKED QUESTIONS

Can I collect samples away from home?

Saliva samples can be left at room temperature for 4 hours. Keep them refrigerated as much as possible and freeze them once you return home. Urine samples can be collected and kept in a ziploc bag (not the one enclosed for completed samples) then left open to dry for 24 hours after returning home.

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, place dried urine samples in the **freezer** with saliva samples until ready to send.

What if I miss a collection?

You may collect the sample as was instructed, on the following day. However, this does NOT apply to the three morning saliva samples — they must be completed together.

What if I am unable to urinate on time?

Simply drink some fluids and go as soon as you can.

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

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

Is DUTCH testing appropriate for children?

There are currently no reference ranges for children. Minimum age for testing is 12 years old.

Visit www.RNLabs.com.au and under 'Patients' select 'Help conducting your pathology test' to watch an instructional video on how to complete your test, and other helpful information.