



DUTCH Plus

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Welcome to your test kit

You have chosen to do a DUTCH Plus test from Nordic Laboratories, which will provide information to help you on your personal health journey.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on **+45 33 75 10 00** or email **info@nordic-labs.com**

Check your kit

In this kit you will find all the material needed for your collection. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

Shipping materials

- Box containing the collection kit **(a)**
(keep this box for returning samples)
- Shipping Instruction & materials
- Personal Information Form **(b)**

Collection materials

- Patient Questionnaire **(c)**
- 5 x saliva collection tubes (containing swabs) in resealable plastic bag **(d)**
- 4 x urine collection cards in resealable plastic bag **(e)**
- 1 x spare urine collection card in resealable plastic bag **(f) (only use in case of error)**



If any items are missing or expired, please call **+44 (0)1580 201687** or email **testkits@nordicgroup.eu** (this is for kit queries only).



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Start here

Please read the instructions carefully and follow them step by step.

Please note: If the collection instructions are not followed carefully, it may lead to delay in the results or recollection, which will involve further costs.

Preparation

Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.
- Test Questionnaire: fill out BOTH sides of the questionnaire.

What days of the month do I collect?

- **Cycling Premenopausal Women**
 - » Begin collections between days 19 and 22 of a 28-day cycle.
 - » For longer cycles, add the number of days you usually go beyond 28 days (Example: collect between days 21 and 23 of a 30-day cycle). Subtract, in a similar manner if your cycles are shorter (Example: collect between days 17 and 20 of a 26-day cycle).
 - » If you are irregular it is recommended to use an ovulation kit from your chemist to ascertain the day of ovulation, count six days forward from the day of ovulation and commence the test.
- **Men and Non-Cycling or Postmenopausal Women**
 - » You may collect ANY day of the week.
 - » It is best to collect your samples on a relatively 'normal day' i.e. if your sleep is significantly disturbed you may want to wait for another day before collecting, and if you are ill you should postpone the collection until you are well again.

Shipping Preparation

When to schedule your shipment

- Ship as soon as possible. You can ship any day of the week. Important: please remember that all your saliva samples must be frozen prior to being shipped.

When you are ready to ship

- Ensure that that you have provided the following information:
 - » Test Questionnaire: make sure BOTH sides of the questionnaire are completed.
 - » Personal Information Form: make sure the form is completed.
 - » Urine Collection Cards and Saliva Tubes: make sure that the information on the cards and the tubes is correct.
- Prepare your shipment:
 - » Place the resealable plastic bag, containing the collected samples along with the completed Test Questionnaire and the Personal Information Form into the supplied box.
 - » Place the box in the return shipping bag and ship (see Shipping Instruction).

When to Collect

While adhering to your most common wake/sleep schedule, collect as close as possible to this timeline.



(Optional) Extra Cortisol Collection

If your test order included the insomnia add-on, there will be an additional sample tube labelled 'Extra Sample'.



If you struggle with staying asleep during the night, this sample can be used overnight. Keep the collection tube close to your bed and collect at the time of your sleep disturbance (minimise light exposure). You may complete the labelling after rising for the day. Otherwise, you may collect this sample at noon or as instructed by your practitioner.

If you are taking hormones

Hormones taken in the morning	Do NOT take until after the 2nd urine collection (sample #4)
Hormones taken at night	Do NOT take until after the bedtime collection (sample #6)
Oral or sublingual DHEA, oestrogen, or pregnenolone	Do NOT take for 3 days prior to testing
Oral progesterone	Can be taken as usual during the test (take at bedtime)
Hormone creams and gels	Can be taken as usual during the test
Patches, pellets & injections	Collect midway between doses

Collection and dosing timing depends on the question you and your practitioner are trying to answer. Consult your practitioner if taking Glucocorticoids (Prednisone, Dexamethasone, etc.), sublinguals, or oral hydrocortisone. Do not skip doses of birth control for this test unless instructed by your practitioner.

What to Avoid

Bananas

Fava/broad beans

Creatine

If consumed, please note on requisition form.

Consult your practitioner if taking any of these supplements:

Tyrosine

L-Dopa

D,L-Phenylalanine (DLPA)

Mucana

Quercetin

Rules for Collection Day

- **Do not** drink alcohol 24h before or on collection day
- **Do not** drink more than 8 oz/250 ml of caffeinated beverages on collection day
- **Do not** drink more than 40 oz/ 1200ml of fluid on collection day
- **Do not** brush or floss teeth until **after** saliva samples in the morning or at bedtime
- If samples not returned within 48 hours, **freeze samples**.

Frequently Asked Questions

1. What if I miss a collection?

The three morning saliva samples must be completed together. Samples #4-6, and the optional extra sample #7 can be collected on the following day as instructed.

2. Can I collect samples away from home?

Yes. Urine samples can be collected, left out to dry for 24 hours, and kept in a ziploc bag. If not returned within 48 hours, freeze samples.

3. How long can I keep 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 for no longer than five weeks.

4. Do I need to stop taking my hormones for this test?

This test is built to test patients "on" their hormones. Our suggestion is to follow the instructions in this booklet or any specific instructions given by your clinician. If you are on hormones, but your provider wants to see your baseline levels (no hormones), please discuss with your practitioner.

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

If you and your clinician want to know how night shift is affecting your stress curve, collect the first three saliva samples (samples #1, #2 and #3) after waking from your longest stretch of sleep (ideally, after 5 or more hours of sleep). Collect sample #5 before your evening meal (3rd meal of the day). Collect sample #6 before bedtime.

Alternatively, if you and your clinician want to know how "daytime," not night shift, is affecting your stress curve, then collect on a typical day off.

6. What if I am unable to urinate at the specific time?

Simply drink some fluids and urinate as soon as you are able.

7. Is DUTCH testing appropriate for children?

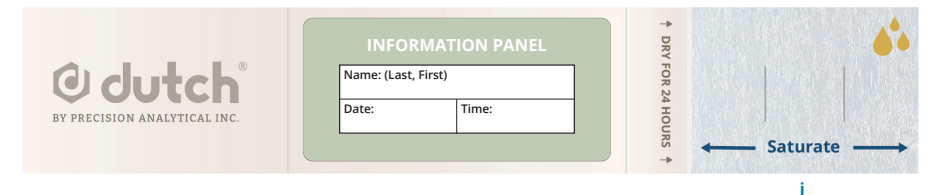
The minimum age for testing sex hormone metabolites is 12 years old. To test children under 12 consider the DUTCH Cortisol Awakening Response (CAR), measured with saliva, or the DUTCH Adrenal, measured with urine.

How to Collect

Important: Complete all information on each collection device - name, date & time of collection. Be sure to include the completed Patient Questionnaire (required).



For Urine



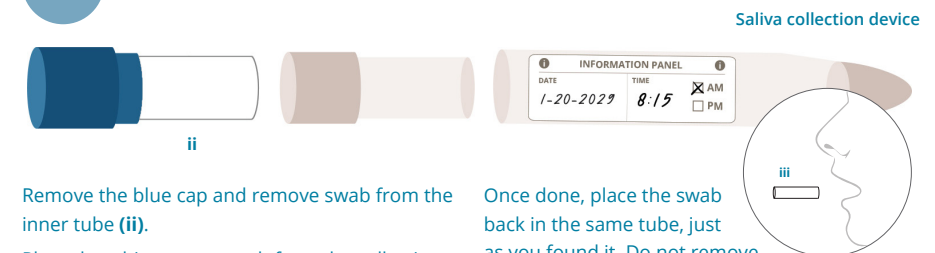
Saturate the filter paper (the paper with two black lines) by urinating directly on to it, or urinating into a clean cup and dipping the filter paper in for 5 seconds (i).

Leave the sample open to dry for at least 24 hours.

Once dry, close each collection device and place them all in the resealable plastic bag provided.



For Saliva



Remove the blue cap and remove swab from the inner tube (ii).

Place the white cotton swab from the collection tube in your mouth. Leave the swab in your mouth until fully saturated, but not longer than 5 minutes (iii).

Lightly chewing on the swab may help stimulate saliva flow.

Once done, place the swab back in the same tube, just as you found it. Do not remove the inner tube and replace the cap. **You do not need to spit into the tube.** Touch the swab as little as possible with your hands.

Freeze all saliva samples until ready to ship, if not shipped within 48 hours of collection.