



Welcome to your test kit

You have chosen to do a DUTCH CAR 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 / +44 (0)1580 201687** 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)**
- 6 x Saliva collection tubes (containing swabs) in a resealable plastic bag **(d) (including an optional Extra Sample collection tube)**



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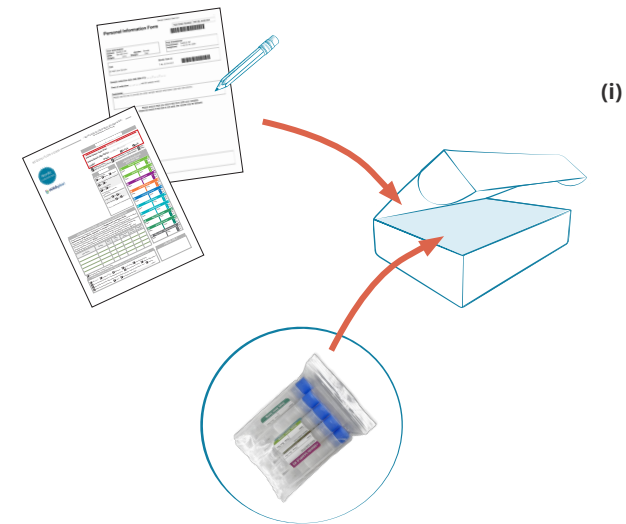
Shipping Preparation

When to schedule your shipment

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

When you are ready to ship

- Ensure that you have provided the following information:
 - » Patient Questionnaire: make sure BOTH sides of the questionnaire are completed.
 - » Personal Information Form: make sure the form is completed.
 - » Saliva Tubes: make sure that the information on the tubes is correct.
- Prepare your shipment:
 - » Retrieve the collected saliva samples from the freezer and place in a resealable plastic bag. Place the bag, containing the collected samples along with the completed Test Questionnaire and the Personal Information Form into the supplied box. **(i)**
 - » 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.

Upon Waking

Collect **saliva** immediately upon waking, complete within 5 minutes. Set a timer for 30 minutes for the next saliva sample.



Waking Sample - Saliva

Do not drink or eat for the next hour

30 Min After Waking & 60 Min After Waking

Collect **saliva** 30 minutes after waking, then set the timer for another 30 minutes for the next saliva sample. Collect the +60 Minute After Waking **saliva** sample.



+30 Minute After Waking Sample - Saliva



+60 Minute After Waking Sample - Saliva

Do not drink or eat until after +60 min sample

Before Your Evening Meal & At Bedtime

Rinse your mouth with water 10 minutes prior to collecting saliva.

Collect the **saliva** between 4-5pm (before your evening meal) and at bedtime, but no later than midnight.



4pm - 5pm Sample - Saliva

Rinse mouth with water **10 mins before sample**



Bedtime Sample - Saliva

Rinse mouth with water **10 mins before sample**

Optional Extra Cortisol Collection (if necessary)

Mid-sleep: If you suffer with insomnia you can use the sixth saliva tube, labelled 'Extra Sample', for your mid-sleep collection in case you wake up during the night. Keep the collection tube close to your bed and collect at the time of your sleep disturbance (minimise light exposure).

Mid-day: If you do not wake during the night, you can collect your extra sample between the +60 Minutes after Waking Sample and 4pm - 5pm Sample, or as instructed by your practitioner.

Please label sample accordingly

Optional (Mid-sleep or Mid-day)

Collect your optional **saliva** sample. If you do not wake overnight, collect between +60 Minutes after Waking Sample and 4pm - 5pm Sample.



Extra Sample - Optional, extra cortisol analysis Saliva

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 a delay in the results or recollection, which will involve further costs.

Preparation

Provide the following information

- Personal Information Form: Verify that the Patient Name, Sex, and Date of Birth are correctly stated.
- Patient Questionnaire: fill out BOTH sides of the questionnaire.

What days of the month do I collect?

- The saliva samples for this test are to be collected any day following your typical routine.
- 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.
- If you are taking any of the following hormones, please consult your practitioner before taking the test:
 - » Oral Hydrocortisone (cortisol)
 - » Glucocorticoids (prednisone, dexamethasone, etc.)

Any household members are taking 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.



Test instructions in other languages may be available - scan QR code

Frequently Asked Questions

1. What if I miss a collection?

The three morning saliva samples must be completed together. The remaining samples, and the optional extra sample, can be collected on the following day as instructed.

2. 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, keep saliva samples in the freezer for no longer than five weeks.

3. 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.

4. 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.

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 after waking from your longest stretch of sleep (ideally, after 5 or more hours of sleep). Collect ‘4pm - 5pm Samples’ before your evening meal / 3rd meal of the day. Collect the last sample 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 is the sixth saliva collection tube for, labelled ‘Extra Sample’?

If you struggle with staying asleep during the night, this sample can be used overnight. Otherwise, you may collect this sample before lunch or as instructed by your practitioner.

Rules for Collection Day

- **Do not** drink alcohol for 24hrs before or on collection day.
- **Do not** drink more than 8 oz/250 ml of caffeine on collection day.
- **Do not** brush or floss teeth until **after** saliva samples in the morning or at bedtime.
- **Avoid** strenuous activity and exercise.

How to Collect



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

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 (ii).

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 if not shipping within 48hrs of collection.