

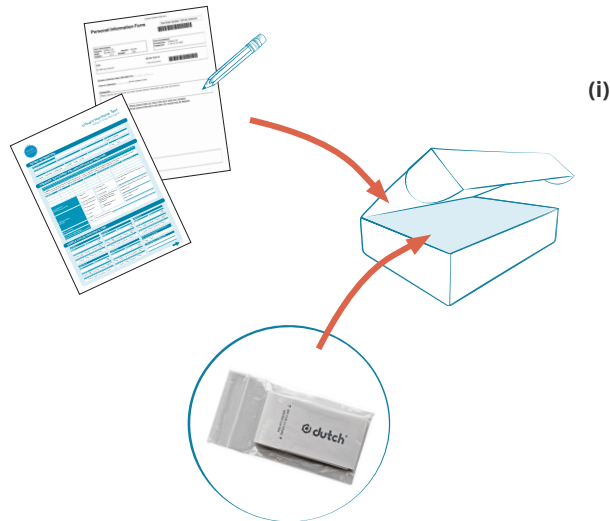
Shipping Preparation

When to schedule your shipment

- Ship as soon as possible. You can ship any day of the week.
- **Important:** Freeze if not shipping within 48hrs of collection.

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.
 - » Urine Collection Cards: make sure that the information on the cards is correct.
- Prepare your shipment:
 - » Place the resealable plastic bag containing the collected samples, along with the completed Patient Questionnaire and the Personal Information Form, into the supplied box. **(i)**
 - » Place the box in the return shipping bag and ship (see Shipping Instruction).



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V01EN0626



DUTCH Complete DUTCH Adrenal DUTCH Sex Hormone

EN

Welcome to your test kit

You have chosen to do a DUTCH 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

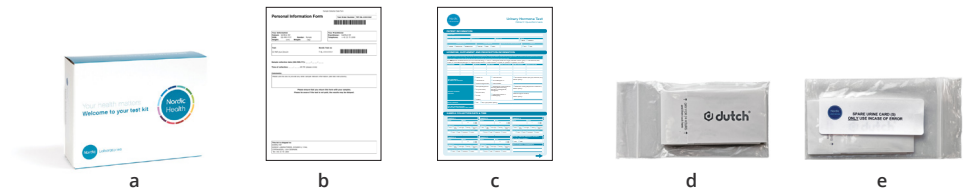
In this kit you will find all the material needed for your collection. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

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)**
- 5 x urine collection cards in resealable plastic bag **(d)**
- 1 x spare urine collection card in resealable plastic bag **(e)** **(only use in case of error)**



If any items are missing or expired, please email testkits@nordicgroup.eu (this is for kit queries only).

When to Collect

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

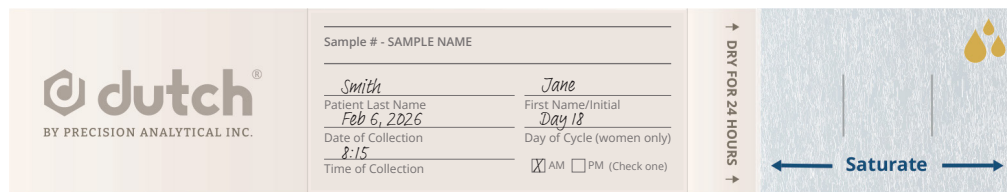


Rules for Collection Days

- **Do not** drink alcohol 24h before or on collection days.
- **Do not** drink more than 8 oz/250 ml of caffeinated beverages on collection days.
- **Do not** drink fluid 2 hours before collections.
- **Do not** drink more than 40 oz/1200ml of fluid on collection days.
- If samples **will not** be returned within 48 hours, **freeze samples**.

How to Collect

Urine collection device



1 Fill out information panel on each collection device - name, date & time of collection.

2 Fully saturate the filter paper (the paper with two black lines) by urinating directly onto it for 2 to 3 seconds, or urinating into a clean cup and dipping the filter paper in for 5 seconds (i).

3 Leave the sample open to dry for at least 24 hours. Dry completely (samples that are not thoroughly dry may be rejected).

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

5 Be sure to fill out the Patient Questionnaire (required).

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 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 urine samples for this test are to be collected over TWO days (typically starting ± 5 pm on the first day and ending around midday on the following day). You must begin on a specific day of your cycle if you are a cycling premenopausal woman (see opposite).

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.

Men and Non-Cycling or Postmenopausal Women

You may collect on ANY day.

For DUTCH Adrenal ONLY

You may collect on ANY day.

Cycling Premenopausal Women

- Begin collection between days 19 and 22 of a 28-day cycle. For longer cycles, add the number of days you usually go beyond 28 days. In a similar manner, subtract if your cycles are shorter (example: collect days 17-20 for a 26 day cycle). You may collect on any day if only ordering the DUTCH Adrenal.
- For irregular cycles or non-cycling (ablation or uterus removed), watch the irregular cycle collection video in the video library at dutchtest.com/videos for suggestions on collecting.
- Do not guess your cycle. If you are not sure how long your cycle is, please use an ovulation kit or observe your next cycle to determine the length.

Not sure when to collect?

dutchtest.com/cycle-calculator



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

If you are taking hormones

Hormones taken in the morning Do NOT take until after the 4th urine collection (+2 Hours After Waking, sample #4)

Hormones taken at night Do NOT take until after the bedtime collection (sample #2)

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

Frequently Asked Questions

1. What if I miss a collection?

Simply collect the sample as instructed the following day. All samples do not need to be collected in one 24-hour period.

2. Do I have to take the samples in the order listed?

No, they can be collected in a different order. If you wish you may start with sample #3, followed by #4, #1 & #2. If you begin with #3, collect the extra sample if you wake and urinate in the night.

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 in freezer (in plastic bag) after drying.

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

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

5. 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.

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

Collect the bedtime sample (#2) before your longest stretch of sleep, the waking sample (#3) after this sleeping period, and sample #4 two hours later. The dinnertime sample (#1) should be collected 4-7 hours before bed.

7. Is DUTCH testing appropriate for children?

The minimum age for testing DUTCH Complete & DUTCH 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.