



## CHECK YOUR KIT

### Shipping Materials:

- 1 x Box containing the collection kit  
(Please keep this box for returning your samples)
- 1 x Patient Information Form
- 1 x Patient Questionnaire
- 1 x DHL bag
- 1 x DHL shipment waybill

### Collection Materials:

- 6 x Saliva tubes in a resealable bag
- 4 x Dried urine strips in a resealable bag

If any items are missing or expired, contact Nordic laboratories at [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu) or 0044 (0)1580 201687

## PREPARATIONS

The Dutch Plus + Insomnia is the most advanced test for reproductive and adrenal hormones. These instructions will help you successfully collect 4 dried urine, and 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. If you require any extra help please contact Nordic laboratories on +45 33 75 1000

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

**IMPORTANT:** Write name, date of collection, collection time, on each urine strip and each saliva tube prior to collecting your samples. Do not touch filter paper area with your hands.

Avoid the following foods as much as possible the day before AND day of testing: **Avocado, Bananas, Fava beans**. If you happen to consume some of these foods, please make a note of it on your Patient Information Form.

Some Supplements/medications may impact DUTCH results. If you take any of the following, please consult your provider: **Tyrosine, L-Dopa, D,L-Phenylalanine (DLPA), Mucuna and Quercetin**.

**On the Patient Information Form:** Verify that the name and date of birth are correct. Write the date and times of each collection.

Please fill out BOTH sides of the Patient Information Questionnaire with your name, date of birth, weight, height and gender along with information on menstrual cycle etc. if applicable. Provide a list of ALL hormones you are taking, please identify hormone, brand used, dosage in mg, how you are taking the hormone (oral, sublingual, cream or pessary), how many times a day you are using the hormone and how long you have been taking the hormone. Write any medication or supplements currently being taken.

Wash and dry hands with a clean towel prior to touching urine collection strips to prevent contamination.

### WHEN DO I BEGIN COLLECTION?

#### Are you currently taking hormones?

See text box headed "Hormones" (page 2) before determining your collection day.

#### Regular Cycles / Premenopausal Women?

Begin your collection between days 19 and 22 of a 28-day cycle.

#### Men & Non-Cycling or Menopausal Women

Collect on any day.

#### Longer Cycles or Shorter Cycles

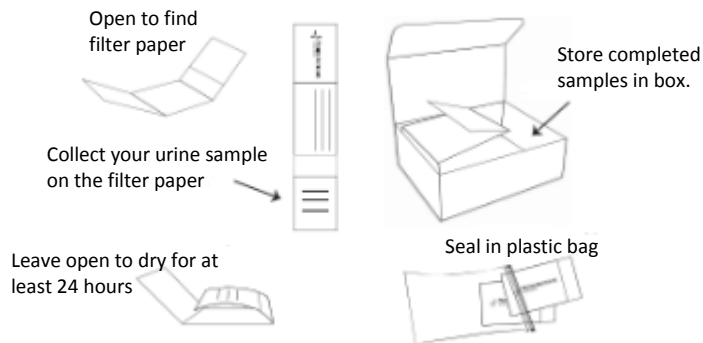
For longer cycles, add the number of days you usually go beyond 28 days. In a similar manner, subtract if your cycles are shorter (example: collect days 17-20 for a 26-day cycle).

#### Irregular Cycles or Not Bleeding (ablation or hysterectomy)

Please contact your health care provider for assistance in finding the optimal time to collect.

## HOW TO COLLECT DRIED URINE

1. Complete all information on each collection device.
2. Saturate the filter paper by urinating directly on it **OR** urinate into 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 urine collection strip and place them all in the resealable plastic bag provided.



## HOW TO COLLECT SALIVA

5. Remove the blue cap, and then the cotton swab from the collection device and place in mouth.
6. Leave in the mouth until fully saturated but not longer than 5 minutes. Lightly chewing on the swab may help stimulate saliva flow.
7. 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.**
8. **Freeze** all saliva samples until they are ready to ship.

### IMPORTANT NOTE:

For the waking sample, set the saliva collection device, the Patient Information 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. **For the collection timeline, see next page.**

## HORMONES

### Any and All Hormones Taken in the Morning

**Do not take** until after the 2<sup>nd</sup> urine collection (sample #4).

### Oral Estrogen, Testosterone or Pregnenolone

**Do not take** for 72 hours before your first collection (Does not apply to birth control).

### Oral DHEA

**Do not take** for 48 hours before your first collection.

### Pregnenolone

**Do not take** for 3 days prior to testing.

### Hormone Creams and Gels

Can be taken as usual during the test.

### Patches, Pellets and Injections

Collect midway between doses.

### Sublingual Hormones (absorbed in the mouth)

Check with your healthcare provider.

### Oral Hydrocortisone (cortisol)

Check with your healthcare provider.

### Glucocorticoids (prednisone, Dexamethasone, etc)

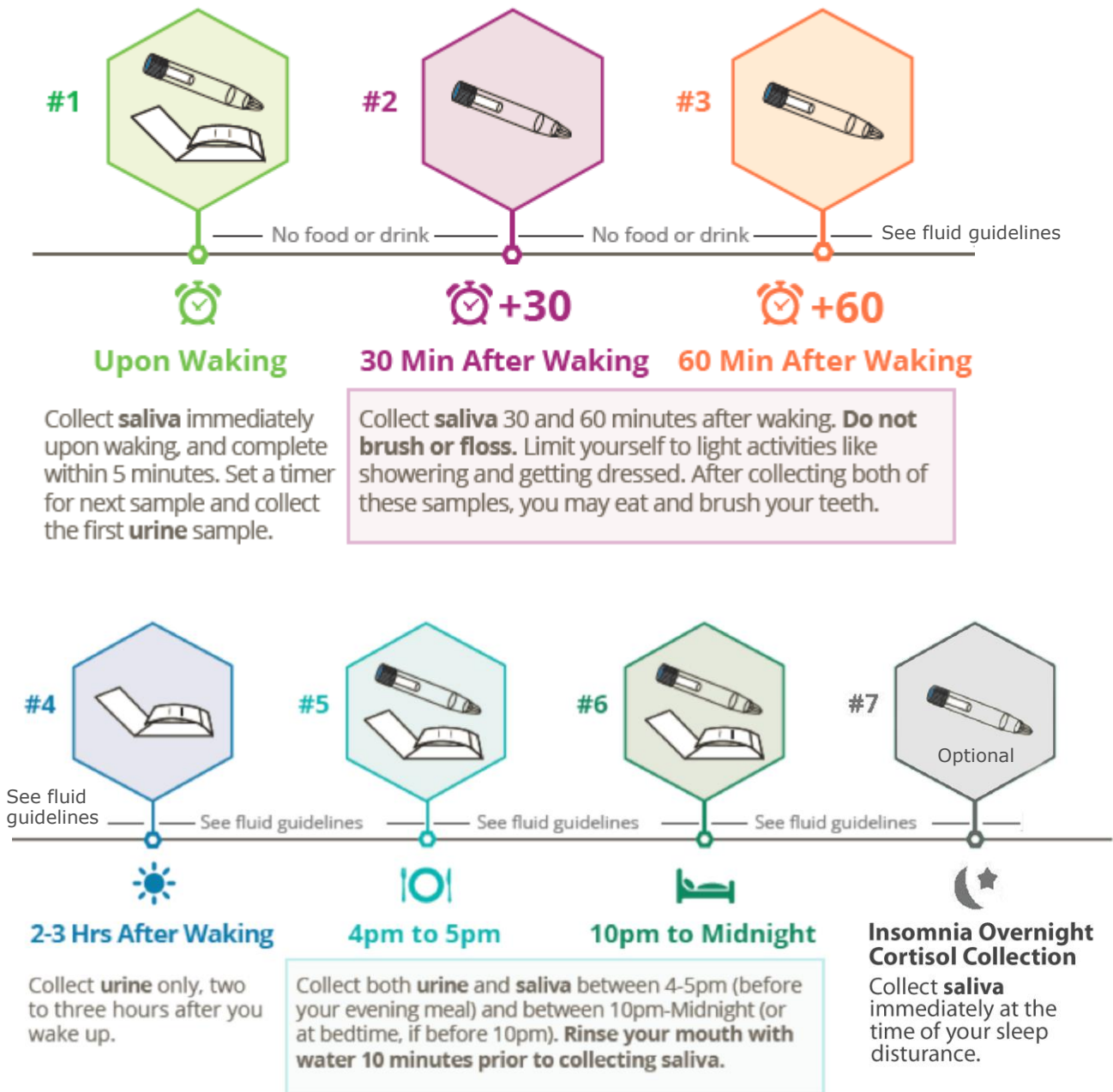
Check with your healthcare provider.

**COLLECTION TIMELINE & RULES – 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, go to text box headed "Hormones" (page 2) for more information.

**COLLECTION RULES**

- Avoid caffeine and alcohol** on collection day and 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 or until ALL samples are collected.



**FLUID RESTRICTIONS AND GUIDELINES**



**Please limit the amount of 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 optimize your test results.

- Avoid food and drink until after collection #3.
- Limit fluid intake to about 8oz. between collections #3 and #4.
- After collection #4, limit total fluid intake for the rest of the day to no more than 32oz., spaced throughout the day.
- Avoid food and fluids entirely the hour before collections #5 and #6.

### 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.

This sample may be collected the night before the other DUTCH Plus samples or by itself on a separate night when you are struggling with sleep disturbances, generally done between 12:00 – 4:00 am.

*\*Additional fee applies.*

### 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. Do not store for more than 3 days.

**What if I miss a collection?** Collect the sample as instructed the following day. **This does NOT apply to the tree morning saliva samples** – they must be completed together.

**What if I am unable to urinate at the specific 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.

**Is DUTCH testing appropriate for children?** There are currently no reference ranges for children. Minimum age for testing is 12 years old.

### SHIPPING PREPARATION

- REMEMBER to complete **Required Information Questionnaire** with the date, times of collection and any medication or supplements being taken.
- Place **re-sealable plastic bag**, containing the **collected samples** along with the **completed Patient Information Questionnaire AND the Patient Information Form** into the supplied **box**.
- Place box into **DHL bag** to ship.
- You can ship any day of week.

#### Nordic Laboratories Aps

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[www.nordic-labs.com](http://www.nordic-labs.com)  
[info@nordic-labs.com](mailto:info@nordic-labs.com)

## SHIPPING

Please ship with DHL. To book your shipment, follow the steps below. The DHL shipment waybill supplied with your kit has most of the required information on it, all you need to do is fill out section 2 with the required details. **Contact name MUST be your full name.**

1. Phone DHL:
  - Please find the local number by going on the DHL website, [www.dhl.com](http://www.dhl.com).
2. Arrange for a collection from a convenient address, e.g. home or work.
3. You will be asked to provide the “**address of the receiver**”. This is pre-filled on the shipment waybill supplied with your kit. The address is:
  - Nordic Laboratories, Nygade 6, 3.sal, 1164 Copenhagen, Denmark. Tel: +45 33 75 10 00
4. You will be asked who will pay for the shipment. Answer “**Nordic Laboratories**” and provide the following account: **968 083 329**. Do NOT pay anything to DHL yourself.
5. When asked which delivery option please answer “**Express Worldwide**”. This service is ideal for your sample. No other delivery option is necessary, even if DHL suggests so\*.
6. Provide the weight as **0.5kg**. If asked for dimensions, say you do not have them.
7. If requested, the package contents should be declared *only* as “**Exempt Human Specimen**”.
8. You will need to give DHL a pick up time. The window of time they require differs from country to country and region to region. Normally it is between 2 and 4 hours. Someone will need to be present when DHL arrives.
9. Keep a note of the reference number DHL gives you for the pickup.
10. When DHL arrives, give them the shipment waybill, which they will sign and give you a copy of.
11. On the top of the shipment waybill is an 8-digit number. You can track your shipment on the DHL website, [www.dhl.com](http://www.dhl.com), using this number.

If you have any questions, please email Nordic Laboratories at [info@nordic-labs.com](mailto:info@nordic-labs.com)

***\*Please note that in the event of any other DHL delivery option (such as ‘Express 9am’, or ‘Express 12pm’) being selected a £50 surcharge will be added to your invoice, and for dry ice service a £100 surcharge will be added.***

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