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Congratulations, you are running a **Dried Urine Test for Comprehensive Hormones!** This test will reveal adrenal and sex hormone production, melatonin levels, and shed light on detoxification, neurotransmitter, and vitamin levels.

Please read and follow the instructions carefully.

This test is pretty simple to take and send, BUT please read through all instructions in the kit a few times before running the test. There are some foods to avoid and instructions on how to adjust or document hormonal medications included in your forms from DUTCH.

If you take the test in error, you'll have to order a new kit and start over. So please do read everything over a few times!

If you are missing any information in your kit or would like more information, please see DUTCH's info page: <https://dutchtest.com/info-dutch-complete/>



Test Preparation

Make sure to follow all the testing preparation instructions provided by the lab. This document is also shipped out with your lab test, but you can review it here as well:

<https://dutchtest.com/wp-content/uploads/2017/12/DUTCH-Complete-Collection-Instructions-Ref02062019.pdf>

What Time of Month to Take the Test

→ **If you have a steady cycle**, please take this test around days 20 or 21 of your cycle, or about a week after ovulation. Your cycle is off this month (spotting, early, etc.) when it is normally regular, please wait until the following month to test. (Day 1 of your cycle is the first day of heavy bleeding, on your period.)

→ **If your cycle is always irregular**, please complete the test and note for us what cycle day you were on. Please watch this video on irregular cycle sample collection:

<https://dutchtest.com/video/irregular-cycle-collection/>

→ **If you have just given birth**, we recommend waiting till you're cycling again and then do it on the third cycle.

→ **If you are not cycling (or if you are a male)**, you can take the test at any time of the month.

What Type of Day to Take the Test

→ **Complete this test on a workday or a day when you are busy at home**. To get the best reading of your adrenal hormones, you will want to complete testing on a day when you are busy and not completely relaxing/on vacation/etc. We want to know what your hormones are doing on a normal day, so please test on a normal day for the best results.

→ **Do not take the test if you are sick** with a fever or other acute illness or acute stress.

What to Do if You Take Hormone Replacements/Other Supplements

Medications (thyroid, etc.): Please take all medication as prescribed.

Supplements:

- Most supplements, such as magnesium, multivitamins, probiotics, etc. do not interfere and should be taken normally. **Please continue all herbal supplements you usually take, except...**
- For the following supplements, please avoid them for 72 hours prior to the test (if possible): 5-HTP, tryptophan, SAMe, tyrosine, L-dopa, DL phenylalanine, macuna, quercetin, St. John's wort. If you feel it is necessary for you to take any of these supplements, please make note of it on your requisition form.

The DUTCH test can be helpful in revealing how herbs and supplements are working for you, so don't feel you need to take a month off to achieve a 'blank state' before testing.

Hormone Replacement: Please follow all the rules spelled out in the DUTCH collection instructions in your test kit.

The DUTCH test can be helpful in revealing how your hormones are working for you, so don't feel you need to take a month off to achieve a 'blank state' before testing.

→ If you take **sublingual hormones**, please follow the instructions in this video and make note of it when you fill out your test requisition form: <https://dutchtest.com/video/sublingual-collection/> If you are only able to take a short break from your sublingual hormones, please refrain from taking them on the day you begin your test, and don't take any until you have completed the last collection the next day. If you have further questions on using your sublingual hormones, please call the lab directly at 503-687-2050 or info@dutchtest.com.

Food Restrictions

Avoid avocado, bananas, egg plant, kiwi, butternuts, pecans, walnuts, pineapple (and pineapple juice), plantains, plums and fava beans for 48 hours before collecting as they may elevate the HVA organic acid result; if you do consume, please make a note on your requisition form.

Collection Instructions

For detailed instructions on collection, please watch this video, produced by the lab: <https://dutchtest.com/video/sample-collection/>

→ **If you have any questions about collecting your sample, please call the lab directly at 503-687-2050 or info@dutchtest.com.**

For international orders: We recommend that you make sure that the samples are dried for the full 24 hours and place them in the sealed plastic bag that comes in the kit. You may place an ice pack or something frozen in your package prior to shipping if you are in a hot climate and feel that the samples may become too hot in transit. (Often this is not necessary.)

Filling Out the Forms

Please fill out all forms provided by DUTCH completely.

Please **select 'DUTCH COMPLETE' on your Requisition Form**. This is the test that includes sex hormones, other hormones, and neurotransmitters.

Please fill out the payment card as well:

- **If you are in a prepaid program** (currently the Big Three and the DUTCH Test with Review), please write 'bill practitioner' on the payment card.
- **If you are in a pay-as-you-go program**, enter your full credit card details.

Do You Live in a State with Restrictions?

If you live in **New York or Rhode Island**, please complete the additional New York/Rhode Island state waiver, provided by us, and send it in with your test. [Click this link to access](#).

If you live in **Maryland**, you will need to submit the test listing an address outside of Maryland. You can use the address of a friend who is out of state, or use our address: 1083 W. Bluebird Dr., Chandler, AZ, 85286. **IMPORTANT: If "Maryland" appears on your form, your sample will be rejected.**

Shipping

The samples should ideally be sent as soon as possible. If you have to wait to send them in, please place them in a zipper bag and freeze them after they have dried.

UPDATE: As of September, 2020, all kits will now contain a pre-paid shipping label that you can use to mail your kit.

If you purchased your kit before September 2020, please follow the instructions below: For most kits, just add stamps to the envelope and send via USPS or another carrier. If you prefer to send via UPS, you may need to provide a physical address (not the P.O. box that is listed). You can find the physical address of the lab on the flap of the testing kit.

→ **If you have any questions about shipping in your test kit, please contact the lab directly at 503-687-2050 or info@dutchtest.com.**

Getting the Results

Timeframe: This test usually completes about 3 weeks after the lab receives it. Unfortunately, there are occasional delays at the lab that cause longer turnaround times. These are specialized tests, and they are not as quick as a blood test at your doctor's office. Once your test is mailed to the lab, it is strictly non-refundable. We pay for the lab processing immediately, and cannot issue refunds for any reason.

We will contact you by email once we've received the results so you can review them and take your next steps.

If you do not hear from us within 3 weeks of submitting your sample: We won't know your status until the lab contacts us with the results, so there is no need to ask us about the status of your test unless you have been waiting longer than 3 weeks. In that case, please reach out to let us know you've been waiting. Occasionally there are delays at the lab that we can expedite by reaching out to them.

Interpreting your test: We will send you access to your results before your session with your coach. However, we are unable to answer specific questions about your results over email, as you will need to wait until your review to ask your questions. Thanks for your understanding!

Thanks!

Bridgit Danner, LAc, FDNP & Team

Questions? Reach out to clients@bridgitdanner.com.