

DUTCH CYCLE MAPPING PLUS INSTRUCTIONS

How to Collect Urine

Urine Collection Device



BY PRECISION ANALYTICAL INC.

1 INFORMATION PANEL

PATIENT LAST NAME *Smith*

FIRST NAME / INITIAL *Jane D*

DATE OF COLLECTION *Jan 20, 2029*

DAY OF CYCLE (FEMALE ONLY) *Day 18*

TIME OF COLLECTION *8:15* ☒ AM ☐ PM

↑ DRY FOR 24 HOURS ↑

Saturate

Step 1: Fill out information on urine collection devices

Step 2: Saturate filter paper with urine for 2-3 seconds

Step 3: Leave collection devices open for 24 hours. **Dry completely.**

Step 4: Close & repack collection devices in provided plastic bag

Urine

How to Collect Saliva

Saliva Collection Device



Step 1: Fill out information on saliva collection devices

Step 2: Saturate cotton swab in mouth with saliva

Step 3: Put swab back into the tube and **do not** spit into tube

Step 4: **Freeze all saliva samples** until ready to ship

Saliva

Which Schedule Should I Use?

How long is your typical cycle?

Standard Cycle: 34 days or shorter

Long Cycle: More than 34 days

No Cycle: Cycling without bleeding



Need help?
Visit **dutchtest.com**
for video instructions



dutch
CYCLE MAPPING
PLUS

INSTRUCTIONS

Visit dutchtest.com/instructions for video instructions

How to Return

Step 1: Make sure each sample is clearly labeled

Step 2: Add saliva and urine samples back into the bag

Step 3: Be sure the requisition form is complete and accurate

Step 4: Include the accurately completed requisition form and this page

Step 5: Place the completed samples inside the return mailer

Step 6: Affix the prepaid label or postage, if applicable

Step 7: Return to carrier



FAQs

dutchtest.com/instructions

Questions? info@dutchtest.com | 503.687.2050

DUTCH CYCLE MAPPING PLUS COLLECTION

Standard or Short Cycle

34 days or shorter

- **Start collection** on day 7 of your cycle
- **Collect samples upon waking**
- **If you miss a collection**, collect the following day and continue normal collections
- **If menstrual flow begins** during collection, skip to *DUTCH Plus Instructions* below*
- If you complete the cycle samples and not started a new cycle, contact us [503.687.2050](tel:503.687.2050)

DAY	DATE	DAY	DATE
7		19	
9		20	
10		21	
11		22	
12		24	
13		26	
14		28	
15		30	
16		33	
17		36	
18			

NEW CYCLE START DATE

Long Cycle

More than 34 days

- **Start collection** on day 7 of your cycle
- **Collect samples upon waking**
- **If you miss a collection**, collect the following day and continue normal collections
- **If menstrual flow begins** during collection, skip to *DUTCH Plus Instructions* below*

DAY	DATE	DAY	DATE
7		27	
11		29	
15		31	
17		34	
19		37	
20		40	
21		43	
22		47	
23		51	
24		55	
25			

NEW CYCLE START DATE

No Cycle

Functional ovaries, no menstrual flow

- **Start collection** any day
- **Collect samples upon waking**
- **Collect samples #1-16** every other day
- **Skip day 32**
- **On day 33** collect *DUTCH Plus* below*

DAY	DATE	DAY	DATE
1		17	
3		19	
5		21	
7		23	
9		25	
11		27	
13		29	
15		31	

Write down collection dates above and on test strips before you begin
You will not be collecting every day, please take note of the days that will be skipped

*DUTCH Plus – Collect on day 4 of new cycle



Rules for Collection Days

Results will be impacted if taking estrogen, progesterone or pregnenolone
Do not drink more than 8oz of caffeine on collection day
Do not drink alcohol 24h before or on collection day
Do not drink more than 40oz of fluid on day of collection
Do not brush or floss teeth until after saliva samples in the morning or at bedtime
 If sample not returned within 48 hours, **freeze samples**

Date	Time	Date	Time	Date	Time	Date	Time	Date	Time	Date	Time	Date	Time
+ OPTIONAL (MID-SLEEP or MID-DAY) Saliva Collect once if you wake overnight <i>If you do not wake overnight, optional to collect before lunch</i>		WAKING Urine Saliva Collect within 5 minutes of waking Do not drink or eat for the next hour		+30 MIN Saliva Collect 30 minutes after waking sample		+60 MIN Saliva Collect 60 minutes after waking sample Do not drink or eat until after +60 min sample		+2 HOURS Urine Collect 2 hours after waking sample		DINNER Urine Saliva Collect at dinnertime		BEDTIME Urine Saliva Collect at bedtime Rinse mouth with water 10 min before dinner and bedtime samples	