



DUTCH ADRENAL TEST INSTRUCTIONS

What you will receive in the mail (arrives in about a week):

1. One lab kit, which includes detailed instructions.

Before you ship your sample:

1. Fill out all required sections on both sides of the requisition form.
2. Include the requisition form inside the return box with your samples.
 - o **Important:** If the requisition form is missing or not included, your sample may be discarded.
3. Use the return mailer or envelope provided in your kit and follow the collection instructions.
4. International patients: Please return your kit using priority mail to avoid delays. You may contact the lab directly with any shipping-related questions.

Choosing the correct requisition form:

- Make sure you are using the correct form for the **Adrenal** test.
- Double-check your protocol sheet or invoice to confirm which form is needed.
- If you printed the wrong form, contact us and we will provide you with the correct one.

Next steps:

1. Dr. Justin will review your lab results with you as soon as they are available. We typically receive results within about 3 weeks from when the lab received your samples.
2. Make sure you have an appointment scheduled with Dr. Justin to go over your results.
3. Dr. Justin will share and review your lab results during your scheduled consultation.

Special notes:

- NY & RI residents: Please complete the test release form on page 4 of your kit instructions.
- You must include your requisition form with your test kit, or your sample may be discarded.

Questions:

For any additional questions, please call the lab directly at (503) 687-2050.

Instructions for international patients:

International kits can be returned using any shipping method that guarantees delivery to the United States within 7 days. You may use your preferred courier at your own expense.

You will need to include a commercial invoice with your return shipment. Click here to access the: [commercial invoice](#). Print these forms and send them back to the lab along with your samples. (These forms are helpful in addressing potential concerns with customs.) Be sure to send the requisition forms back to the lab with your samples. A direct link to the exact test form is also included in your protocol sheet.

Notice of Liability

The information contained herein is not intended to be an endorsement of treatment options. It is presented for educational purposes only. The authors, publishers, and distributors shall have no liability for any liability, loss, or damage alleged or caused directly or indirectly by this information. It is the sole responsibility of the primary physician to consider this information's applicability to each individual patient.



BY PRECISION ANALYTICAL INC.

3138 NE Rivergate St., Suite #301C · McMinnville, OR 97128
(503) 687-2050 | dutchtest.com

Please List any Current/Recent Medical Diagnosis Not Listed Elsewhere On This Form

DISEASE STATES	I do not suspect I have this	I suspect I may have this	I have been diagnosed with this			
	Addison's Disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	Adrenal Insufficiency	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	Chronic Fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	Cushing's Disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	Hyperthyroidism (Overactive)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	Hypothyroidism (Underactive)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	Kidney Disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	Type 2 Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Polycystic Ovary Syndrome	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
FATIGUE	Please Rate Your Fatigue Level During The Day					
	0 = Never/None	0	1	2	3	
	1 = Sometimes/Mild	Morning Fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2 = Often/Moderate	Afternoon Fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3 = Always/Severe	Evening Fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PLEASE CIRCLE SYMPTOMS YOU ARE EXPERIENCING AND RATE THE OVERALL CATEGORY

		0 = Never/None				1 = Sometimes/Mild				2 = Often/Moderate				3 = Always/Severe			
Women		0	1	2	3	Men		0	1	2	3						
Androgen Excess	Loss of Scalp Hair, Increased Body or Facial Hair, Acne	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Androgen Excess	Increased Sex Drive, Body, or Facial Hair, Aggressive Behavior, Acne	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
Androgen Deficiency	Vaginal Dryness, Decreased Sex Drive, Libido	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Androgen Deficiency	Decreased Libido, Erections, or Muscle Size, Increased Belly Fat, Apathy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
Estrogen Excess	Tender or Fibrocystic Breasts, Mood Swings, Uterine Fibroids, Heavy Bleeding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Estrogen Excess	Weight Gain (Breast or Hips), Prostate Problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
Estrogen Deficiency	Hot Flashes, Night Sweats, Vaginal Dryness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>												

ADDITIONAL SYMPTOMS		0	1	2	3	
	0 = Never/None	Trouble Falling Asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1 = Sometimes/Mild	Trouble Staying Asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2 = Often/Moderate	Depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3 = Always/Severe	Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		Migraines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHICH BEST DESCRIBES YOU?

Underweight
 At ideal weight
 5-20 lbs Overweight
 >20 lbs Overweight

Are you struggling to lose weight? Yes No

WHAT ARE THE TOP ISSUES YOU HOPE THIS TEST WILL HELP YOU RESOLVE?

PLEASE LIST ANY ADDITIONAL MEDICATIONS OR SUPPLEMENTS YOU ARE CURRENTLY TAKING.

Patient notes— please list anything about your sample collection or medical situation that you feel may be important for this lab test.

*****BOTH SIDES MUST BE COMPLETED*****



**PRECISION
ANALYTICAL INC.**
SIMPLY · BETTER · TESTING

3138 NE Rivergate St. #301C
McMinnville, OR 97128

Phone: (503) 687-2050

Fax: (503) 687-2052

info@dutchtest.com

<http://dutchtest.com>

NEW YORK TESTING RELEASE FORM

PATIENT NAME: _____

ADDRESS: _____

PHONE: _____

DATE OF BIRTH: _____

SAMPLE COLLECTIONS DATE(S): _____

I hereby certify that the samples provided to Precision Analytical, Inc. were collected outside the state of New York. I understand that Precision Analytical accepts this as proof of that fact and will process my samples upon receipt of this signed document.

PATIENT SIGNATURE: _____

DATE SIGNED: _____

The information contained in this transmission may contain privileged and confidential information, including patient information protected by federal and state privacy laws. It is intended only for the use of the person(s) named above. If you are not the intended recipient, you are hereby notified that any review, dissemination, distribution, or duplication of this communication is strictly prohibited. If you are not the intended recipient, please contact the sender by reply email and destroy all copies of the original message

WHAT DAYS OF THE MONTH DO I COLLECT?

Men & Non-Cycling or Postmenopausal Women

Collect any day.

Cycling Premenopausal Women

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

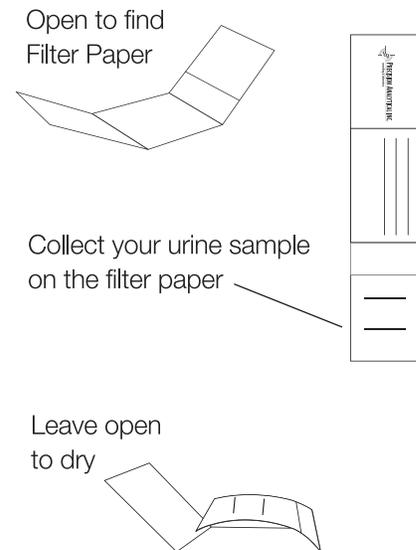
For longer cycles, add the number of days you usually go beyond 28 days. Subtract, in a similar manner, if your cycles are shorter (example: collect days 17 and 20 for a 26 day cycle).

You may collect any day if only ordering the **dutch** Adrenal.

If irregular cycles or not bleeding (ablation or uterus removed), watch the irregular cycle collection video in the video library at DutchTest.com for suggestions on collecting.

HOW TO COLLECT

1. Complete all information on each collection device.
2. Saturate the filter paper by urinating directly on it OR use a clean cup and dip the filter paper.
3. Leave the sample open to dry for at least 24 hours.
4. Once dry; Close the paper samples and return in the provided envelope with the completed requisition form (required) and the payment card (if needed).
 - Postage is required for shipment, and you may use an express shipping option if you wish to see faster results.
 - Results will be returned to your provider 5-10 days after they are received by the lab.



Need More Information?

go to DutchTest.com for video instructions!

WHEN TO COLLECT?

While adhering to your most common wake/sleep schedule, collect as close as possible to the below time-line.

dutch Collection Schedule



No Caffeine
or Large Fluid intake After Lunch

Dinner Time (#1)
Approximate time

NO Fluids Two Hours before samples #1 and #2

Bed Time (#2)
Approximate time

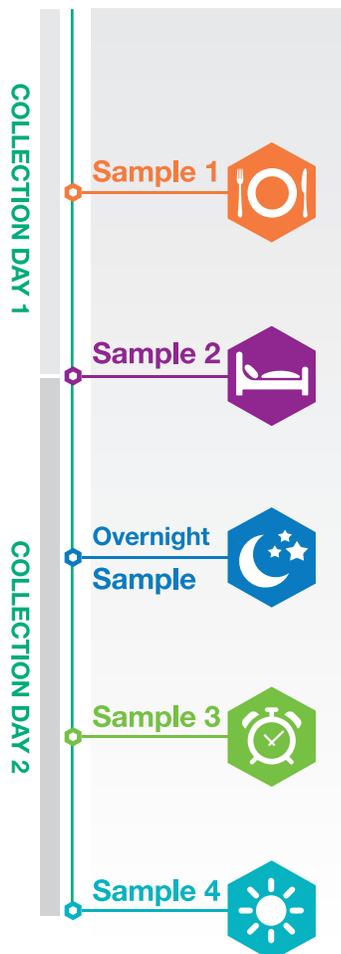
Extra Overnight Sample
Only if you wake

If you wake and urinate a second time, do not collect

At Waking (#3)
Within 10 minutes
Do not lay awake in bed before sample #3

No more than one cup of fluids between Samples #3 and #4

2-hr After Waking (#4)
Two Hours After Waking
(Tip: set a 2-hr timer after Sample #3)



Hormone Schedule

If you are taking hormones
Skip all **oral hormones** except **progesterone** the day of the test and skip **pregnenolone** for two days.

Collection Day 1

Take morning hormones as usual.

There is no need to skip any hormone creams/gels while taking this test.

Hormones taken at night and oral progesterone as usual, should be taken after sample #2.

Collection Day 2

Take your morning hormones and meds **AFTER** sample #4.

DO NOT TAKE morning hormones before Sample #3 or #4 unless instructed to.

Extra Hormone Instructions

If you take **glucocorticoids** (Prednisones, Dexamethasone, ect.) check with your provider.

For **patches, pellets** and **injections** - collect midway between doses.

If you take **sublingual hormones** (absorbed in the mouth under the tongue) **OR** if you take **oral hydrocortisone** (cortisol), visit DutchTest.com for video instructions.

Need More Information?

go to DutchTest.com for video instructions!

Frequently Asked Questions:

FAQ

Q: What if I miss a collection?

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

Q: Do I have to take the samples in the order listed on the instructions?

A: No, they can be collected in a different order. If you wish you may start with sample #3, followed by #4, #1 & #2.

Q: How long can I keep the dried samples before sending them in?

A: While hormone levels are very stable in dried samples, they should be sent back as soon as possible. If you have to wait to send them in, place in freezer (in bags) after drying.

Q: Do I need to stop taking my hormones for this test?

A: This test is built to test patients “on” their hormones. Our suggestion is to follow the Hormone Schedule given on these instructions, but follow any specific instructions given by your provider.

Q: What if my regular sleep schedule is abnormal? (night workers, ect.)

A: 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.

If you have questions, please email: info@dutchtest.com or call 503-687-2050

Need More Information?

go to DutchTest.com for video instructions!