Sending Your Sample

Send sample as soon as possible after collection.

Place the dry urine strip cards into the plastic bag and ensure the bag is sealed. Then place the requisition and the sealed plastic bag into the prepaid return addressed mailer provided. Seal envelope and drop into mailbox.

Getting Your Results

Results will be sent to your healthcare provider approximately 7 to 10 days after your sample has been received by Rocky Mountain Analytical. Note that the sample may take several days to arrive at the lab.

Please contact your healthcare professional if you have questions regarding your results.

Note: Rocky Mountain Analytical staff do not discuss test results with patients.

FAQs

What if I miss a collection? Simply collect the sample as instructed the following day. All the sample do not need to be collected in one 24-hour period.

Do I have to take the samples in the order listed on instructions? No, they can be collected in a different order. You may start with sample #3, followed by #4, #1 and #2.

How long can I keep the dried samples before sending them in? Send in as soon as possible. If you must wait to ship, place in freezer (in sealed plastic bag) after drying.

Do I need to stop taking my hormones for this test? This is a decision your healthcare professional has to make. All hormone tests have certain advantages and disadvantages when used for people taking hormones. If you are testing “on” hormones, follow the hormone schedule provided on previous page and any specific instructions provided by your healthcare professional.

What if my regular sleep schedule is abnormal (e.g. night shift)? Collect the bedtime sample (#2) before your longest stretch of sleep, the waking sample after this stretch of sleep (#3) and sample #4 two hours later. The dinnertime sample (#1) should be collected 4 to 7 hours prior to bed.

What if I am unable to urinate at the specified time? Drink some fluids and go as soon as you are able.

What time should the dinnertime sample be collected? Ideally around 5PM, before the evening meal.

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

Patient Privacy

Privacy Statement: Your healthcare professional’s stamp or signature on the requisition is our legal authority for analyzing your sample. The personal information you provide is necessary for us to provide a thorough analysis. This information will be stored confidentially and used only for the purpose of analyzing your specimen. Some aggregate data may be used for research purposes. If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical. P: 403-241-4500 | info@rmalab.com | F: 403-241-4501.

Before You Begin

- Read all instructions carefully prior to collecting
- Check contents of the kit. If anything is missing, please contact your healthcare professional

Kit Contents

- Requisition form
- Collection instructions
- 5 x dried urine collection devices
- 1 x resealable plastic bag
- Return addressed envelope

www.rmalab.com
P: 403.241.4500 | info@rmalab.com | F: 403.241.4501
A division of LifeLabs LP

DUTCH® (dried urine test for comprehensive hormones) is a registered trademark of Precision Analytical.
**Lab Requisition**

Check your requisition to ensure it includes your healthcare professional's signature and bar code label. If either are missing please contact your healthcare professional before sending us your sample.

Complete your requisition with the following:

- Legal name (first and last), address, telephone number(s)
- Date of Birth
- Date and time of collection
- Relevant medication and supplements you are using as they may affect the interpretation of test results.

**When to Collect**

Men and non-cycling or postmenopausal women can collect any day of the month.

Cycling premenopausal women begin collection between days 19 to 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 to 20 for a 26 day cycle).

You may collect any day if only ordering adrenal panel.

While adhering to your most common wake/sleep schedule, collect as close as possible to the timeline outlined below:

**Sample 1 - Dinner time**
No caffeine or large fluid intake after lunch
No fluids 2 hours before sample collection

**Sample 2 - Bed Time**
No fluids 2 hours before sample collection

**Extra overnight sample**
If you wake to urinate in the night, collect. If you wake to urinate a second time, do not collect.

**Sample 3 - At waking**
Within 10 minutes of waking collect. Do not lay awake in bed before sample collection. No more than one cup of fluids between samples three and four.

**Sample 4 - 2 hours after waking**

**Sample Labelling**

Use permanent ink ball point pens as other inks are water soluble (e.g. roller ball ink) and may wash off containers or smear.

Complete sample label with the following:

- Legal name (first and last)
- Important: The name on your sample(s) and your requisition MUST match exactly
- Date of birth (yyyy/mm/dd)
- Date of collection (yyyy/mm/dd)

**Sample Collection**

1. Complete all information on each collection device.
2. Saturate the filter paper by urinating directly on it or use a clean cup to collect your urine then dip the filter paper into the collected urine.
3. Leave the sample open to dry for at least 24 hours.
4. Once dry, close each collection device. Place all closed collection devices into the resealable plastic bag and seal. You are now ready to ship your sample. (See SENDING YOUR SAMPLE on reverse). If you cannot ship sample right away, place dried cards in sealed plastic bag and freeze until you are able to ship.

**Sample Collection if Taking Hormones**

If you are taking hormones by mouth, consult with your healthcare professional prior to collection. We recommend discontinuing oral estrogen, DHEA, and testosterone the day of the test, and pregnenolone for two days prior to collection.

**Collection day 1**
Take morning hormones as usual, except those listed above. Hormones taken at night 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.

If you take glucocorticoids (prednisone, dexamethasone, etc.) check with your healthcare professional.

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

If you take sublingual hormones (absorbed in the mouth under the tongue) or if you take oral hydrocortisone (cortisol), call the lab 1-866-370-5227.