

# Normal Cycle

(Less than 34 days)

## COLLECTION SCHEDULE

You do not need to collect days 1-6 of your cycle. Your 25 urine collection devices are tracked in numerical order in the "Sample" column.

### COLLECTION #1 Day 7 of your cycle

Fill in the date on the chart to help keep track of each sample you collect.

If menstrual flow begins (not just spotting) before Sample #21, collect one more sample (according to the schedule) then skip to **Last 4 Samples\***.

If you complete sample #21 and have not started your next cycle, please call the lab at **503.687.2050**.

\*See **Last 4 Samples** collection schedule.

**If you miss a collection** simply collect the following day and continue the schedule as listed.

Cut around the dotted line and return this chart with your samples.

SAMPLE	CYCLE	DATE
#1	Day 7	
#2	Day 9	
#3	Day 10	
#4	Day 11	
#5	Day 12	
#6	Day 13	
#7	Day 14	
#8	Day 15	
#9	Day 16	
#10	Day 17	
#11	Day 18	
#12	Day 19	
#13	Day 20	
#14	Day 21	
#15	Day 22	
#16	Day 24	
#17	Day 26	
#18	Day 28	
#19	Day 30	
#20	Day 33	
#21	Day 36	
<b>New cycle start date:</b> (1st day of menstrual flow)		
<b>Last 4 Samples</b>		
SAMPLE	TIME	DATE
#22		
#23		
#24		
#25		

# Long Cycle

(34 days or more)

## COLLECTION SCHEDULE

Your 25 urine collection devices are tracked in numerical order using the "Sample" column.

### COLLECTION #1 Day 7 of your cycle

Fill in the date on the chart to help keep track of each sample you collect.

If menstrual flow begins (not just spotting) before Sample #21, collect one more sample (according to the schedule) then skip to **Last 4 Samples\***.

If you complete sample #21 and have not started your next cycle, please call the lab at **503.687.2050**.

\*See **Last 4 Samples** collection schedule.

**If you miss a collection** simply collect the following day and continue the schedule as listed.

Cut around the dotted line and return this chart with your samples.

SAMPLE	CYCLE	DATE
#1	Day 7	
#2	Day 11	
#3	Day 15	
#4	Day 17	
#5	Day 19	
#6	Day 20	
#7	Day 21	
#8	Day 22	
#9	Day 23	
#10	Day 24	
#11	Day 25	
#12	Day 27	
#13	Day 29	
#14	Day 31	
#15	Day 34	
#16	Day 37	
#17	Day 40	
#18	Day 43	
#19	Day 47	
#20	Day 51	
#21	Day 55	
<b>New cycle start date:</b> (1st day of menstrual flow)		
<b>Last 4 Samples</b>		
SAMPLE	TIME	DATE
#22		
#23		
#24		
#25		

# No Cycle

(If functional ovaries, but no menstrual flow)

## COLLECTION SCHEDULE

Your 25 urine collection devices are tracked in numerical order using the "Sample" column.

### COLLECTION #1 Start any day

Collect samples #1-16 every other day.

Fill in the date on the chart to help keep track of each sample you collect.

Samples #17-21 will not be needed. After completing sample #16 on day 31, skip day 32.

On day 33, collect the **Last 4 Samples\***.

\*See **Last 4 Samples** collection schedule.

**If you miss a collection** simply collect the following day and continue the schedule as listed.

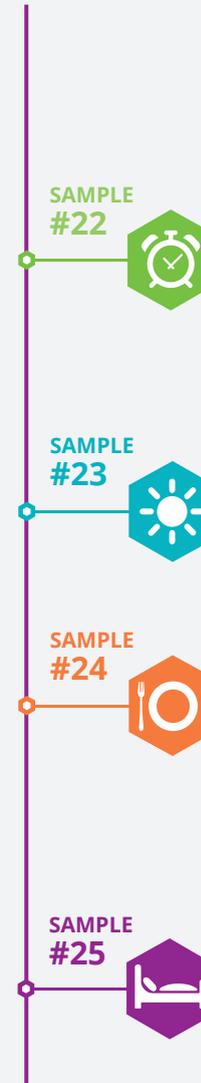
Cut around the dotted line and return this chart with your samples.

SAMPLE	CYCLE	DATE
#1	Day 1	
#2	Day 3	
#3	Day 5	
#4	Day 7	
#5	Day 9	
#6	Day 11	
#7	Day 13	
#8	Day 15	
#9	Day 17	
#10	Day 19	
#11	Day 21	
#12	Day 23	
#13	Day 25	
#14	Day 27	
#15	Day 29	
#16	Day 31	
#17	These samples will not be needed. Skip to the last four samples on day 32.	
#18		
#19		
#20		
#21		
<b>Last 4 Samples</b>		
SAMPLE	TIME	DATE
#22		
#23		
#24		
#25		

# Last 4 Samples\*

## COLLECTION SCHEDULE

Samples #22-#25 Special Instructions. These samples are to be **collected together in one day**, on the **fourth day** of your next cycle **OR** day 33 if you are using the No Cycle Schedule.



Any non-essential medications or supplements normally taken in the morning should be taken after Sample #23.

### At Waking (#22)

Within 10 minutes Don't lay awake in bed before collecting Sample #22. No more than one cup of fluids between Samples #22 and #23.

### 2-hrs After Waking (#23)

(tip: set a 2-hr timer after Sample #22)

**No Caffeine** or large fluid intake the day of testing.

### Dinner Time (#24)

Approximate time (5pm) No fluids two hours before Samples #24 and #25.

### Bed Time (#25)

Approximate time (9pm-11pm)

- Your DUTCH Cycle Mapping Kit Includes:**
- Collection Instructions (read entirely before beginning)
  - 25 Urine Collection Devices
  - One Sealable Plastic Bag (for return of dried samples)
  - Requisition Form (must be filled out completely)
  - Return Envelope



## Welcome

You will be collecting a series of samples throughout the course of one menstrual cycle. View our cycle mapping collection video on our website [dutchtest.com/videos/sample-collection](http://dutchtest.com/videos/sample-collection) and follow the instructions as best as you can.

### Cycling:

Day 1 of your cycle should be considered the first day with menstrual flow (not just spotting). Collection will begin on the seventh day of your cycle.

The Last 4 Samples\* #22-#25 will be collected on the fourth day after your next cycle start date.

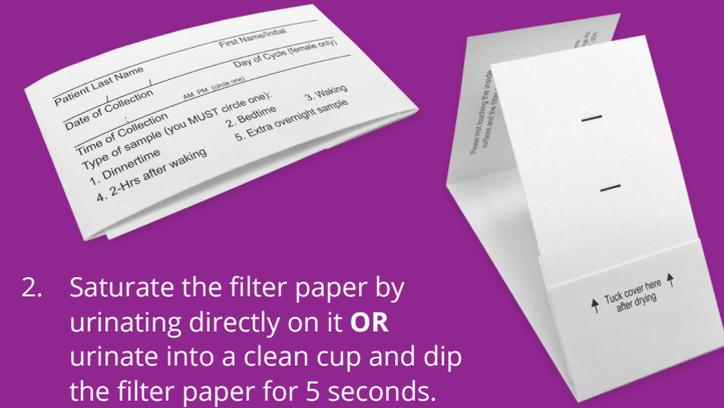
### Non Cycling:

(Functional ovaries without regular menstrual bleeding)

Start collections any day. (see reverse for specific instructions).

## How to Collect

1. Complete all information on each urine collection device. Fill in the day of cycle and date of collection with pen (not a gel pen).



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.**

## How to Return

6. Cut out the completed collection schedule and return with your dried urine collection devices. Return the sealed plastic bag and completed paperwork in the enclosed return envelope. (6 stamps minimum will be required for postage.)



This test will take a great deal of time, and we want to ensure it is done correctly. Please watch the Cycle Mapping Collection video on our website [dutchtest.com/videos/sample-collection](http://dutchtest.com/videos/sample-collection) and call **503.687.2050** before you begin if you have any questions.

## Let's Get Started

**You will use only one schedule and ignore the others.** To help you keep track of the 25 samples, fill in the date of collection on your schedule **AND** on each urine collection device. Collect your samples **directly upon waking** on the days listed.

### Which schedule should I use?

Simply Answer: **How long is your typical cycle?**

<b>Normal Cycle</b>	Less than 34 days
<b>Long Cycle</b>	34 days or more
<b>No Cycle</b>	Cycle without bleeding-partial hysterectomy, ablation

**NOTE:** It is typically required to discontinue any estrogen or progesterone therapy for this test.

4. Once dry, close each collection device and conveniently store in the kit box until you are done collecting all samples.
5. Continue collecting according to your schedule. Once ALL samples are completely dry, place them in the enclosed plastic bag and seal.



[www.dutchtest.com](http://www.dutchtest.com)



3138 NE Rivergate Street | Suite #301C  
McMinnville, OR 97128 | Phone: (503) 687-2050

