

DUTCH CAR INSTRUCTIONS

HOW TO COLLECT

READ CAREFULLY BEFORE PROCEEDING

Both men and women may collect any day, but it is recommended to collect on a **typical** day. For help with collecting, watch our instructional video at www.dutchtest.com/video/car-collection-instructions.

While adhering to your most common wake/sleep schedule, collect as close as possible to the timeline. **Don't forget to label each sample and the requisition form as you go. If you're taking hormones, please see the FAQs section on the next page.**

Remove the blue cap and place the cotton swab from the collection tube in your mouth. Leave the swab in until fully saturated, but not longer than 5 minutes. Lightly chewing on the swab may help stimulate saliva flow. Once done, place swab back in the same tube, just as you found it. Do not remove the inner tube. **You do not need to spit into the tube.** Touch the swab as little as possible with your hands. **Freeze all saliva samples** until ready to ship.

COLLECTION RULES

Caffeine, alcohol, and strenuous exercise may affect results. Avoid morning food and drink until after collection #3. Do not brush your teeth until after collections #3 and #5. **Do not floss** on the day of collection or until **ALL** samples are collected. Consult your provider if you have questions.

WHEN TO COLLECT

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



(OPTIONAL) INSOMNIA OVERNIGHT CORTISOL COLLECTION

If you struggle with staying asleep during the night, keep this sample collection tube close to your bed and collect at the time of your sleep disturbance (minimize light exposure). This can easily be done without further disturbing your sleep. You may complete the label after rising for the day.

Do not return this tube with the others unless you collected; an additional fee will apply.

DUTCH CAR FAQs

USING HORMONES?

Avoid hydrocortisone (cortisol) contamination: If you use hydrocortisone cream, discontinue for the day of collection and wash your hands thoroughly before collection. If others in your household use these creams, be careful to avoid contamination.

Check with your provider about continuing to use glucocorticoids, especially hydrocortisone, cortef, prednisone, dexamethazone, etc., while doing the test. These types of medications can impact results significantly. Be sure to note any use of these products on your requisition form.

FREQUENTLY ASKED QUESTIONS

1. What if I miss a collection? The three morning saliva samples must be completed together. Samples #4, #5, and the optional insomnia sample #6 can be collected on the following day as instructed.

2. Can I collect samples away from home? Yes. Saliva samples should be frozen within 12 hours.

3. How long can I keep samples before sending them in? The samples should be sent back as soon as possible. If you have to wait to send them in, keep them in the freezer for no longer than five weeks.

4. What if my sleep schedule is abnormal (night workers, etc)? If you and your clinician want to know how night shift is affecting your stress curve, collect the first three saliva samples (samples #1, #2, and #3) after waking from your longest stretch of sleep (ideally, after 5 or more hours of sleep). Collect sample #4 before your evening meal (3rd meal of the day). Collect sample #5 before bedtime.

Alternatively, if you and your clinician want to know how “daytime,” not night shift is affecting your stress curve, then collect on a typical day off.

5. Is DUTCH CAR Testing appropriate for children? It is applicable to ages 5 and older. Please note that a review of the literature indicates that only ~ 35% of children ages 5-11 demonstrate a CAR rise and children ages 10-12 demonstrate a CAR rise approximately 42% of the time; however, the reference ranges are applicable. In children younger than 5, due to wide variability, these reference ranges may not be appropriate.¹

6. Do all adults demonstrate a CAR? The literature indicates that approximately 75% of adults have a CAR rise.¹

1. Michels N, et al. Children's Morning and Evening Salivary Cortisol: Pattern, Instruction Compliance and Sampling Cofounders. *Horm Res Paediatr.* 2012; 77(1): 27-35. DOI: 10.1159/000334412.

HOW TO RETURN

After freezing the saliva samples, place them back inside the test kit box. **Be sure to check that each sample is clearly labeled.** Include the completed requisition form. Place the entire test kit box inside the return mailer. Affix the prepaid label or postage, if applicable, and return using the appropriate carrier.

