

CORTISOL AWAKENING RESPONSE

TEST INSTRUCTIONS

Read through this booklet completely before testing.

Watch our instructional video
at dutchtest.com/car-instructions.



PRECISION
ANALYTICAL INC.
CREATORS OF THE DUTCH TEST

BEFORE YOU GET STARTED

The cortisol awakening response (CAR) provides advanced insight into your stress response and adrenal function. These instructions will help you successfully collect 5 saliva samples during one day. While testing your stress hormones, we don't want the test itself to stress you out! Read through these instructions carefully to easily complete your collections.

It is best to collect on a relatively "normal" day. If your sleep is significantly disturbed, you may want to wait for another day.

For help with collecting, watch our instructional video at **dutchtest.com/car-instructions**. If you still have questions, please call the lab at 503.687.2050.

HOW TO COLLECT SALIVA SAMPLES

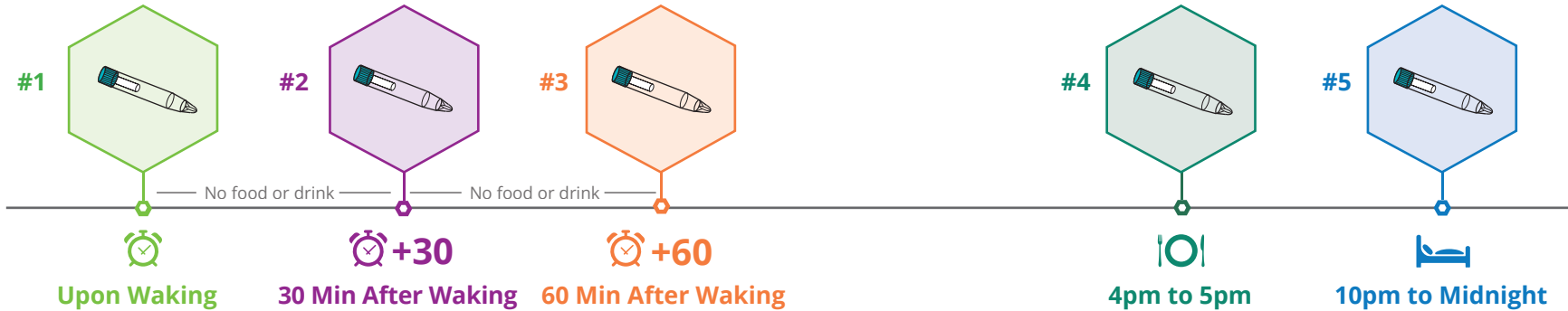
1. Remove the blue cap and place the cotton swab from the collection device in mouth.
2. Leave in mouth until fully saturated but not longer than 5 minutes. Lightly chewing on the swab may help stimulate saliva flow.
3. Once done, place swab back in the same tube, just as you found it. Do not remove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

Important Note: For the waking sample, set the saliva collection device, the requisition form, and a pen next to your bed. It is helpful to have a timer nearby to set for 30 minutes after you have begun your first collection. After collecting the first sample, it is best for you to be in a well-lit place. Open these instructions **for the collection timeline**.

COLLECTION TIMELINE

READ THROUGH CAREFULLY BEFORE PROCEEDING

While adhering to your most common wake/sleep schedule, collect as close as possible to the timeline below. *Don't forget to label each sample as you go.* *If you're taking hormones, see below for more information.*



Collect **saliva** immediately upon waking and complete within 5 minutes. Set a timer for next sample.

Collect **saliva** 30 and 60 minutes after waking. **Do not brush or floss.** Limit yourself to light activities like showering and getting dressed. After collecting both of these samples, you may eat and brush your teeth.

COLLECTION RULES - Read Carefully!

Avoid caffeine and alcohol on collection day and the night before.

Avoid exercise on collection day.

Do not brush your teeth until after collections #3 and #5.

Do not floss the day of collection or until ALL samples are collected.

Collect between 4-5pm (before your evening meal) and between 10pm-Midnight (or at bedtime, if before 10pm). **Rinse your mouth with water 10 minutes prior to collecting.**

ARE YOU TAKING ANY HORMONES?

If you or anyone in your household is using hydrocortisone cream, discontinue the day before and wash your hands thoroughly before handling any part of the test kit.

Oral Hydrocortisone (cortisol)

Please call customer service at 503.687.2050.

Glucocorticoids (Prednisone, Dexamethasone, etc.)

Check with your provider.

FREQUENTLY ASKED QUESTIONS

Can I collect samples away from home? Saliva samples can be left at room temperature for 12 hours. Keep them refrigerated as much as possible and freeze them once you return home.

How long can I keep the 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 until you're ready.

What if I miss a collection? Collect the sample as instructed the following day. **This does NOT apply to the three morning saliva samples** — they must be completed together.

What if my regular sleep schedule is abnormal (night workers, etc.)? Try to shift your schedule to accommodate the test. Please call the lab for specific instructions.

Questions? Email info@dutchtest.com or call 503.687.2050.

UPON COMPLETION / SHIPPING INFORMATION

After freezing the saliva samples, place them back inside the plastic box from which they came. **Be sure to check that each sample is clearly labeled.** Include the completed requisition form. Close the box, place inside the envelope provided, and deliver to the nearest drop-off location. (Avoid leaving out in warm weather.) International patients may use any preferred shipping method as long as samples arrive at the destination within 5 business days.



Need More Information? Please call us at 503.687.2050.
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