

Is the DUTCH Test Right for Me?™

Understand what it measures and what to ask before deciding whether it is worth the cost.

What Is the DUTCH Test?

A specialty test using dried urine samples collected at several points across one day. Depending on the panel, it may measure sex hormones, hormone metabolites and patterns of cortisol and cortisone.



Wake



Morning



Afternoon



Bedtime



1. What It May Explore

- ☐ Estrogen, progesterone and androgen metabolites
- ☐ Free cortisol and cortisone patterns
- ☐ Metabolized cortisol
- ☐ Selected organic acid markers



2. What It Cannot Tell You Alone

- ☐ The single cause of your symptoms
- ☐ Whether you are in perimenopause
- ☐ Whether you need hormone therapy
- ☐ The correct hormone dose for you



3. It May Be Worth Discussing If...

- ☐ You and your provider have a focused question
- ☐ Standard evaluation has not explained persistent symptoms
- ☐ The result could meaningfully change the next step
- ☐ A qualified provider will interpret the complete pattern



4. It May Not Be the Best First Step If...

- ☐ You only want to confirm perimenopause or menopause
- ☐ A simpler test could answer the question
- ☐ No clear plan exists for using the results
- ☐ It will be used only to adjust menopause hormone therapy

Questions to Ask Before Ordering

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| ☐ What specific question are we trying to answer? | ☐ Who will interpret the complete report? |
| ☐ Why is this more useful than standard testing? | ☐ What is the total cost, including follow-up? |
| ☐ How would the result change my care? | ☐ Could medications, supplements or hormones affect it? |



Important to Know

Most women do not need hormone testing to identify perimenopause. Urine or saliva hormone testing is not recommended for prescribing or adjusting menopausal hormone therapy.



Gentle Reminder

More hormone data does not automatically create more certainty. The test is most useful when it answers a focused question and guides a meaningful next step.

Martine's Midlife Wellness Tip

Ask, 'What would we do differently based on the result?'
If the answer is unclear, it may be worth pausing.