

Dutch Testing Patient Information

What Is DUTCH Testing?

DUTCH (Dried Urine Test for Comprehensive Hormones) is an advanced lab test that evaluates how your body **produces, uses, and processes hormones**.

Hormones influence many aspects of health including **energy, sleep, mood, metabolism, and reproductive health**. When hormones are out of balance, patients may experience symptoms that are difficult to explain with routine testing.

DUTCH testing uses small dried urine samples collected throughout the day to provide a **more complete picture of hormone patterns**.

This testing can be helpful for **both women and men**.

Symptoms That May Be Hormone Related

Your provider may recommend DUTCH testing if you experience:

- Fatigue or low energy
- Trouble sleeping
- Mood swings or irritability
- Brain fog or difficulty concentrating
- Weight gain or difficulty losing weight
- Low libido
- PMS or menstrual changes
- Perimenopause or menopause symptoms
- Chronic stress or burnout

Understanding hormone patterns can help identify **possible root causes of these symptoms**.

Why We Use DUTCH Testing

Standard blood tests measure hormones at a single moment in time. To contrast, DUTCH testing provides additional insight by showing:

- Daily hormone patterns
- Stress hormone function
- How your body processes hormones

This allows providers to create **more personalized treatment plans**.

What DUTCH Testing Measures

Hormone	Why It Matters
Cortisol	Regulates stress response, energy, and daily rhythm
Estrogen	Supports reproductive health and metabolism
Progesterone	Helps regulate mood, sleep, and hormonal balance
Testosterone	Supports energy, strength, and libido
DHEA	Supports stress resilience and hormone production
Melatonin	Regulates sleep cycles
Hormone Metabolites	Shows how your body processes hormones

This information helps providers better understand **how your hormones are functioning overall**.

What to Expect

DUTCH testing is completed **at home**. The process includes:

1. Collecting small urine samples on test strips during the day, following the instructions found within the test
2. Allowing the samples to dry
3. Mailing the kit to the laboratory

Once results are available, your provider will review them with you and discuss possible next steps.

Next Steps

Based on your results, your provider may recommend strategies to support hormone balance, which may include:

- Nutrition and lifestyle adjustments
- Stress management
- Targeted supplementation
- Hormone therapy when appropriate

Our goal is to help you **understand your body and feel your best**.

Our promise to you is that we will do everything in our power to earn your trust and exceed all of your expectations. If you have any specific questions or feedback, please don't hesitate to ask!

The Team at Thompson Chiropractic Clinic

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