



## ADVANCED HORMONES DRIED URINE - Test Code 1501



Turnaround Time: 12-15 business days



Specimen Type: 4x Dried Urine Strips

### Description

The Advanced Hormones Dried Urine test assesses complex hormonal disorders. Also known as the D.U.T.C.H. test (Dried Urine Test for Comprehensive Hormones), this assessment provides valuable insights through a straightforward collection method.

This comprehensive test quantifies and identifies multiple hormones and metabolites. To obtain an accurate hormonal profile, the test requires the collection of four separate dried urine samples taken at specific time intervals throughout the day: first morning, second morning, early evening, and bedtime. Collection involves using filter paper strips, either by dipping the strips into urine collected in a cup or by urinating directly onto the strip (Newman & Curran, 2021).

The D.U.T.C.H. test is particularly beneficial for gaining a comprehensive understanding of hormonal status or identifying the root causes of intricate hormone-related issues. By analysing a wide array of hormones, the test offers a more holistic view of an individual's hormonal health. Moreover, it provides insights into how these hormones are metabolised, yielding a more detailed picture compared to standard hormone testing methods (Newman & Curran, 2021).

### Whats included?

- Oestrogens (& metabolites)
- Bisphenol A (BPA)
- Progestogens
- Androgens
- Glucocorticoids
- Free Diurnal Cortisol & Cortisone
- Diurnal Melatonin MT6s

### Conditions and Symptoms

- Menstrual symptoms
- Endometriosis
- Polycystic Ovarian Syndrome (PCOS)
- Perimenopausal/menopausal
- Family or personal history of breast cancer
- Chronic stress and fatigue
- Insomnia and sleep issues
- Reproductive Health and fertility

### Complementary Testing

- Vaginal Microbiome Profile (Test code 2031)
- Female Hormone Profile (Test code 1104)
- Anti-Mullerian Hormone -AMH (Test code 1000)

### Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories\*
- CLIA – Clinical Laboratories Improvement Amendments\*



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\*See NATA and CLIA website for further details