

D-Xylose Absorption Test

D-Xylose (dee-ZIE-lose) is a type of sugar that is absorbed in the small intestine. The D-Xylose Absorption Test will show how well your child's small intestine is absorbing food.

How to Prepare for the Test

- In general, your child should have nothing to eat or drink for 8 hours before the test. However, children under the age of 9 may be given a small amount of food or drink up to 4 hours before the test.
- Please let the nurses know what your child was given to eat or drink.
- Do not give your child any medicines the morning of the test because they may interfere with the absorption of D-Xylose.

How the Test is Done

- Bring your child to a ChildLab Outpatient Laboratory located in the lower level of the Outpatient Care Center at Nationwide Children's Hospital (555 S. 18th Street Columbus, OH 43205) before your GI appointment. He or she will have a fasting blood sample taken from a vein.
- You and your child will go to GI procedures where your child will be given the D-Xylose mixed in water to drink. He should drink all the solution within 5 minutes. You may bring your child's favorite bottle or cup to use for the test.
- Your child must not eat or drink anything until after the blood sample is drawn. He will need to remain resting or lying down during the hour after the D-Xylose mixture has been finished.
- One hour after your child has finished drinking the solution, another sample of blood will be taken from a vein.
- Tell your child's nurse or lab personnel **RIGHT AWAY** if blood is not drawn in **EXACTLY** one hour.

After the Test

- Your child may eat his regular foods after the blood test.
- You will be given an appointment to see your child's doctor or a phone number to call to discuss the test results and the plan of medical care. It may take up to one week to get the results of the test.