

Xylose Absorption Testing

What is the test for?

Xylose is a type of sugar. The xylose absorption test measures the level of xylose in a blood sample. This test is done to help diagnose problems that prevent the small intestine from absorbing nutrients in food.

Xylose is normally easily absorbed by the intestines. When problems occur, xylose is not absorbed by the intestines, and blood levels are low.

What happens during the test?

The amount of xylose in blood is measured before and after your child drinks the xylose solution. To begin the test, a sample of blood is collected while your child is fasting. One hour after drinking the xylose solution, another blood sample is collected.

Only water may be consumed during the hour between blood collections. Food will interfere with this test.

After your child has finished drinking the xylose solution, please tell the laboratory receptionist so the next blood collection may be scheduled.

When will I know about the test results?

Results are sent to the doctor who ordered your test. Your doctor will explain the test results and answer your questions. Many conditions can change xylose levels. Your primary care doctor will discuss any significant results related to symptoms and medical history.

TO LEARN MORE

- Call your child's doctor for the results of the test.
- Children's Consulting Nurses (206) 987-2500

Children's will make this information available in alternate formats upon request. Please call the Family Resource Center at (206) 987-2201.

This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health-care provider.