

**ARNOT HEALTH
POLICY & PROCEDURE MANUAL**

POLICY #: LS.PAL.0008
(replaces VII.iii.1285)
TITLE: D-XYLOSE TOLERANCE TEST

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DATE OF ISSUE: 12/10/05
DATE(s) OF REVISION: SEE BELOW
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APPROVAL: Dr. Lenhardt, MD, PhD 12/13/05
Noemi Bentley, MT 12/10/05

FACILITIES COVERED: AOMC AMS SJH IDMH

OWNER(S): LABORATORY, CLA SUPERVISOR

PROCEDURE:

The D-xylose tolerance test is used to diagnose problems with intestinal absorption. This condition is frequently seen in elderly patients. D-xylose is a simple sugar called a pentose that is present in certain fruits. It is not metabolized by the body and is normally present in blood or urine. This test must be scheduled in advance so that we can order the D-xylose packet from Quest Diagnostics.

Specimen Type:

Whole Blood collected on a gray tube, fasting
 Timed whole blood on a gray tube, one-hour
 Timed whole blood on a gray tube, two-hour
 Urine, 5-hour collection, measured and aliquoted

Specimen Requirement:

Fasting, one-hour and two-hour specimens
Collect blood in gray tube(s)
Label tube with "Fasting D-Xylose" or "One-hour D-Xylose" or "Two-hour D-Xylose" as appropriate.
Store and ship in room temperature

Urine Requirement:

Collect all urine for 5 hours. Measure and record the volume, mix well and remove a 5 ml aliquot, label sample "Five-hour urine". Ship refrigerated specimen.

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Required Collection Instructions:

1. 25 g. D-xylose dose must be obtained from Quest Diagnostics ahead of time. The number for Quest is 1-800-920-9220. Option 1/1/7 (Acct. 718289). The Chemistry send-out person will be responsible for calling Quest Diagnostics to order the drink. Please call Chemistry for availability of the drink before scheduling a patient for D-Xylose.
2. Patient should fast for eight hours prior to start of test.
3. Patient should empty bladder prior to start of test. (do not collect)
4. Prior to D-xylose administration, collect fasting blood sample, label tube clearly "Fasting D-Xylose".
5. Give adults 25 g D-xylose in 250 ml (8 oz.) water. Encourage patient to drink an additional 250 ml. water following D-xylose dose. The patient may have water as desired, but no other food or fluids. Smoking should be prohibited. The patient should rest in a chair or bed until completion of test. Mild diarrhea is common following D-xylose ingestion.
6. Collect the second blood sample one hour after giving the xylose dose. Label tube clearly, "One-hour D-xylose".
7. Collect the 3rd blood sample 2 hours after giving the D-xylose dose. Label tube clearly, "Two-hour D-xylose".
8. Immediately following D-xylose dose, **COLLECT ALL URINE FOR THE NEXT FIVE HOURS.** Measure and record the volume, mix well and remove a 5 ml aliquot. Label sample "Five- hour Urine, D-xylose", record total volume and the D-xylose dose given.

Prepared By: Noemi Bentley, MT, CLA Supervisor	Date: 12/10/05
Annual Review: Terence Lenhardt, MD, PhD	Date: 12/13/05

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NB 1/10/19; NB 1/8/20

Edited: Noemi Bentley 9/15/14; Edited to switch from Mayo to Quest Diagnostics procedures
NB 10/16/14; NB 3/27/15; NB 12/08/16; NB 9/21/17
Reference: Quest Diagnostics, Inc.