

PAMF Palo Alto 795 El Camino Real Palo Alto, CA 94301 650-853-2948	PAMF Fremont 3200 Kearney Street Fremont, CA 94538 510-498-2813	PAMF Los Altos 370 Distel Circle Los Altos, CA 94022 650-254-5255	Portola Valley Women's Health Grp. 3250 Alpine Road Portola Valley, CA 94028 650-330-5869	Redwood Shores Health Ctr. 290 Redwood Shores Pkwy Redwood City, CA 94065 650-598-3163
---	--	--	--	---

URINE COLLECTION for D-XYLOSE ABSORPTION

IMPORTANT: For accurate results, please read all directions first and follow them carefully

- Adults need to fast for 8 hours and children for 4 hours prior to test. You must remain fasting during the duration of the test which takes five (5) hours to complete.
- Avoid the following medications the night prior to test:

Metoclopramide, Phenobarbital, Neomycin
Anti-inflammatory agents such as aspirin and indomethacin
- You are welcome to remain in the laboratory during the test period.
- Come to the laboratory at 8:00 AM on the day of your appointment.
- You will be asked to drink a prepared solution of 250 mL D-Xylose at the beginning of the test. Drink an additional 200-400 mL of water during the first two hours of the test to ensure adequate urine flow for collection.
- Collect and save all urine voided in the five (5) hours of testing into the container provided.
- Print your name and date of birth on the container if not already labeled.
- Keep the container in the refrigerator between collections.
- At the end of the five (5) hour collection, bring the container to the laboratory receptionist.