

Guidelines for Diabetes Screening with Jelly Bean Glucose Tolerance Tests

If you have had gastric bypass surgery or have not been able to tolerate the Glucola solution, you may be a candidate for a “Jelly Bean” glucose challenge. This alternative is only offered under very special circumstances because it is less accurate than the Glucola solution. You may discuss this with a provider PRIOR TO 26 weeks gestation.



Instructions for Jelly Bean Glucose Tolerance Testing

1 Hour Glucose Tolerance Test or O’Sullivan

- Eat 19 Brach jelly beans in 10 minutes or less.
- Tell the receptionist at check-in what time you finished eating the jelly beans.
- Your blood work must be drawn 1 hour after you finished eating the jelly beans. If your blood is not drawn within this time frame, you will have to repeat the test.

3 Hour Glucose Tolerance Test

- First a fasting blood glucose level is drawn.
- Then eat 38 Brach jelly beans in 15 minutes or less.
- Blood will be drawn 3 more times at 1 hour, 2 hours and 3 hours after eating the jelly beans. It is important that the blood be drawn at exactly one-hour intervals, so please be available at the indicated times.
- Do not eat, smoke, chew gum or drink anything other than water during the test.

2 Hour Glucose Tolerance Test for Post Partum Diabetes Screening

- Hemoglobin A1C blood work