



Screening for Gestational Diabetes Mellitus: Clinical Summary of U.S. Preventive Task Force Recommendation

Population	Pregnant Women Who Have Not Previously Been Diagnosed With Diabetes
Recommendation	No Recommendation due to insufficient evidence* Grade: I
Risk Assessment	<p>Women at increased risk of developing gestational diabetes mellitus (GDM) include those who:</p> <ul style="list-style-type: none"> ▪ are obese ▪ are older than 25 years ▪ have a family history of diabetes ▪ have a history of previous GDM ▪ are of certain ethnic groups (Hispanic, American Indian, Asian, or African-American)
Rationale for No Recommendation	<p>The current evidence is insufficient to assess the balance between the benefits and harms of screening women for GDM either before or after 24 weeks gestation.</p> <p>Harms of screening include short-term anxiety in some women with positive screening results, and inconvenience to many women and medical practices because most positive screening tests are likely false-positives.</p>
Suggestions for Practice	<p>Until there is better evidence, clinicians should discuss screening for GDM with their patients and make case-by-case decisions. The discussion should include information about the uncertain benefits and harms as well as the frequency and uncertain meaning of a positive screening test result.</p>
Screening Tests	<p>If a decision is made to screen for GDM:</p> <p>The screening test most commonly used in the United States is an initial 50-gram 1-hour glucose challenge test (GCT). If the result on the GCT is abnormal,, the patient undergoes a 100-gram 3-hour oral glucose tolerance test (OGTT). Two or more abnormal values on the OGTT are considered a diagnosis of GDM.</p>
Screening Intervals	<p>Most screening is conducted between 24 and 28 weeks gestation. There is little evidence about the value of earlier screening.</p>
Other Approaches to Prevention	<p>Nearly all pregnant women should be encouraged to:</p> <ul style="list-style-type: none"> ▪ achieve moderate weight gain based on their pre-pregnancy body mass index ▪ participate in physical activity

For a summary of the evidence systematically reviewed in making these recommendations, the full recommendation statement (including a summary of research gaps), and supporting documents please go to <http://www.preventiveservices.ahrq.gov>.

*The current evidence is insufficient to establish the balance of benefits and harms for screening for gestational diabetes mellitus, either before or after 24 weeks gestation.