



## What does the USPSTF recommend?



**Pregnant persons at 24 weeks of gestation or after**

**Screen** for gestational diabetes.



**Pregnant persons before 24 weeks of gestation**

The evidence is insufficient to assess the balance of benefits and harms for screening for gestational diabetes.



## To whom does this recommendation apply?

Pregnant persons who have not been previously diagnosed with type 1 or type 2 diabetes.



## What's new?

This recommendation is consistent with the 2014 USPSTF recommendation.



## How to implement this recommendation?

**Screen:** If the person is pregnant and is at least 24 weeks of gestation, screen for gestational diabetes by using 1 of several methods:

- A 2-step process that involves a screening test (oral glucose challenge test) followed by a diagnostic test (oral glucose tolerance test). This is the most common approach in the US.
- A 1-step process where the diagnostic test (oral glucose tolerance test) is administered to all patients.
- Fasting plasma glucose measurement.

### How often?

One-time screening should be performed at 24 weeks of gestation or after. Typically in the US, screening occurs prior to 28 weeks of gestation; however, it can occur later in persons who enter prenatal care after 28 weeks of gestation.



## What are other relevant USPSTF recommendations?

The USPSTF has several recommendations related to pregnancy and the prevention of gestational diabetes. This includes recommendations on:

- [Screening for abnormal blood glucose and type 2 diabetes mellitus](#)
- [Behavioral weight loss interventions to prevent obesity-related morbidity and mortality in adults](#)
- [Behavioral counseling interventions for healthy weight and weight gain during pregnancy](#)



## Where to read the full recommendation statement?

Visit the USPSTF website to read the [full recommendation statement](#). This includes more details on the rationale of the recommendation, including benefits and harms; supporting evidence; and recommendations of others.