Title: Screening for Iron Deficiency Anemia and Iron Supplementation in Pregnant Women to Improve Maternal Health and Birth Outcomes

Literature Surveillance Date: June 2018

Recommendation Summary: In 2015, the USPSTF concluded that the current evidence was insufficient to assess the balance of benefits and harms of screening for iron deficiency anemia (Grade: I statement) or routine iron supplementation (Grade: I statement) in pregnant women to prevent adverse maternal health and birth outcomes.

Summary of New Evidence: Literature scans were conducted in MEDLINE and the Cochrane Database of Systematic Reviews. Results were limited to articles in English-language journals that were published August 2014 to present.

Systematic Reviews
No new systematic reviews related to screening for iron deficiency anemia in pregnant women were identified. A 2015 Cochrane review (search through February 2015, includes 61 studies) addressing daily oral iron supplementation in pregnant women included only one study (discussed below) published after the terminal search date of the previous USPSTF review. A 2016 review (search through July 2015, includes two trials of iron supplementation) addressed the risk of gestational diabetes, a potential harm of oral iron supplementation.

Primary Studies
No new studies related to screening for iron deficiency anemia in pregnant women were identified. One new randomized, controlled trial related to iron supplementation was identified. The placebo-controlled trial (n=80 nonanemic pregnant women) addressed the effects of different regimens of daily iron prophylaxis (ferrous iron 30 mg, liposomal iron 14 mg, and liposomal iron 28 mg) on maternal iron status and pregnancy outcomes.

References