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.