

Metformin is comparable to insulin for pharmacotherapy in gestational diabetes mellitus (GDM): A network meta-analysis evaluating 6046 women

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- In this network meta-analysis, a total of 38 randomized clinical trials (RCTs) with 6,046 participants were included to compare efficacy of different pharmacological interventions for the treatment of gestational diabetes.
- Compared to insulin, the estimated effect of metformin indicated improvements for weight gain, maternal hypoglycemia, and LGA – large for gestational age fetus/infant.
- There were also improvements in estimated effects for neonatal hypoglycemia, pregnancy induced hypertension, and preeclampsia.
- In comparison to insulin, glibenclamide appears less favourable than metformin.

Metformin is, at least, comparable to insulin for the treatment of gestational diabetes mellitus.