Newborn Screening is an important test that will

start your baby

on the right foot

UTAH DEPARTMENT OF HEALTH

Newborn Screening Program
Utah Department of Health
Children with Special Health Care Needs

health.utah.gov/newbornscreening

801.584.8256

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Congratulations! As a new parent, you want what is best for your baby. Newborn screening checks to make sure your baby is healthy. This booklet will answer some of the questions you may have about newborn screening.

What is newborn screening?

Newborn screening is the testing of every newborn to identify serious or life-threatening conditions that aren't otherwise apparent at birth. Such disorders are rare but the screening, early identification and treatment can save your baby from lifelong health and developmental problems.

Because all babies are special and deserve the best start in life, Utah has a law to screen all newborns for these conditions. This is important since they often appear healthy at birth. Serious problems, including mental retardation and sometimes death, can be prevented if the disorders are discovered early through newborn screening.

Why does my baby need newborn screening?

In general, all of the disorders that are detected by newborn screening tests are those that cause problems with an infant's physical and mental development. The screening tests detect conditions including metabolic, hormone and blood disorders. Babies born with one of these disorders can appear not to be ill in the newborn period. Also, there may be no known family history of one of these diseases. Even though these disorders are rare, early diagnosis along with timely and appropriate treatment can make the difference between healthy development and life-threatening problems.

What diseases will my baby be checked for?

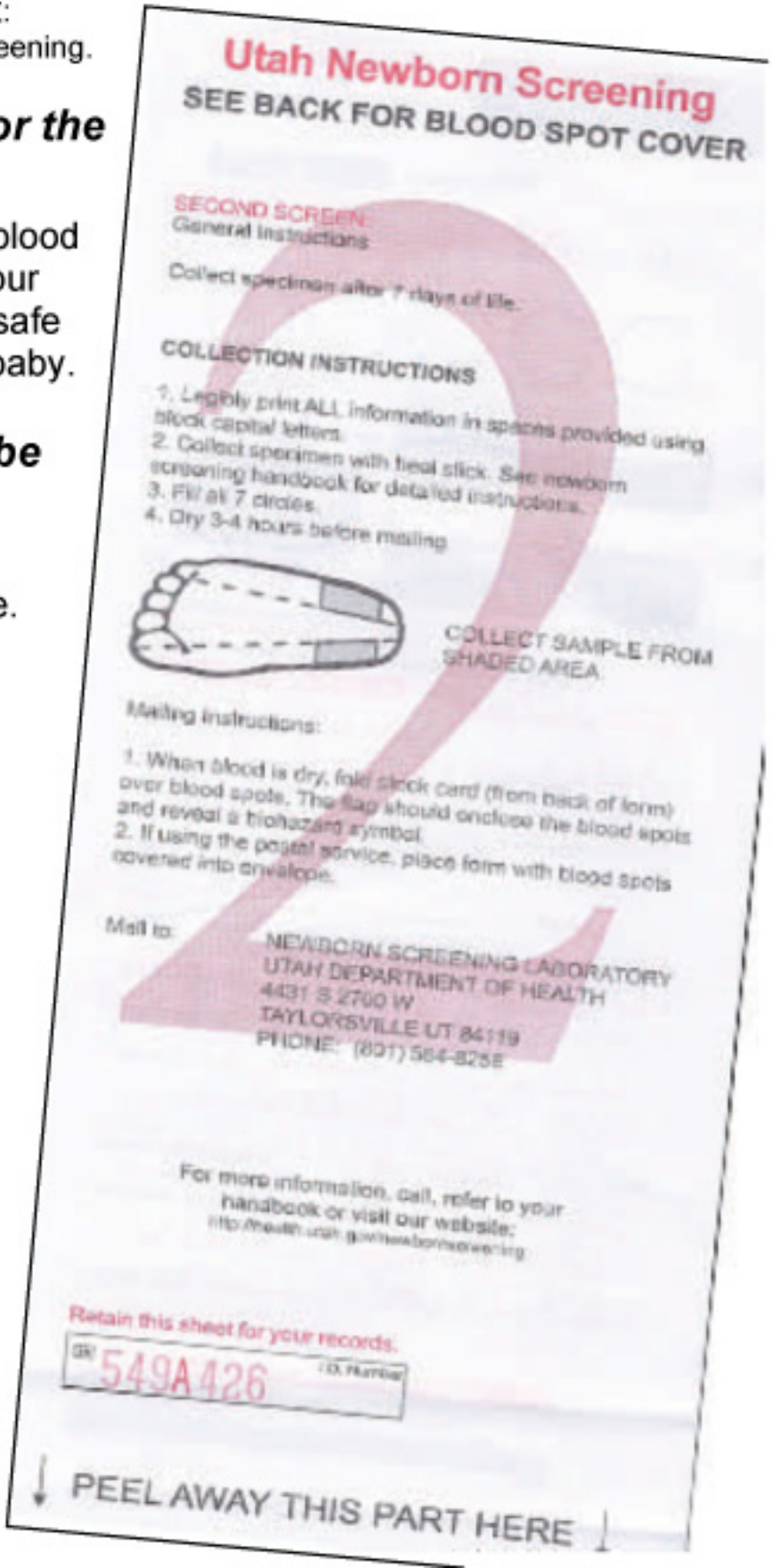
Newborn screening checks for diseases that can cause problems with the way the body gets energy, how the body makes hormones, or how the body makes blood cells. For a complete list of diseases your baby will be checked for talk to your medical provider or visit: health.utah.gov/newbornscreening.

How is the blood for the tests collected?

Several small drops of blood will be collected from your baby's foot. Testing is safe and will not harm your baby.

When will the test be done?

In Utah, newborn screening is done twice. The first test is done before you go home from the hospital or when your baby is about 2 days old. The second test is done when your baby is 2 weeks old. This test is usually done at your baby's medical provider's office.



Utah Newborn Screening

SEE BACK FOR BLOOD SPOT COVER

SECOND SCREEN:
General Instructions

Collect specimen after 7 days of life.

COLLECTION INSTRUCTIONS

1. Legibly print ALL information in spaces provided using block capital letters.
2. Collect specimen with heel stick. See newborn screening handbook for detailed instructions.
3. Fill all 7 circles.
4. Dry 3-4 hours before mailing

COLLECT SAMPLE FROM SHADED AREA

Mailing instructions:

1. When blood is dry, fold stick card (from back of form) over blood spots. The flap should enclose the blood spots and reveal a biohazard symbol.
2. If using the postal service, place form with blood spots covered into envelope.

Mail to:

NEWBORN SCREENING LABORATORY
UTAH DEPARTMENT OF HEALTH
4431 S 2700 W
TAYLORSVILLE UT 84119
PHONE: (801) 584-8258

For more information, call, refer to your handbook or visit our website:
http://health.utah.gov/newbornscreening

Retain this sheet for your records.

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PEEL AWAY THIS PART HERE

What do I need to do to make sure my baby gets tested?

If your baby is born in a hospital, ask your nurse if the testing has been done. You will be given a second blood collection form before you go home. Take this form to your baby's first medical appointment. Your baby's medical provider will make sure the testing is done.

If your baby is born at home, ask your midwife for help in getting the testing done. Make sure that both tests are done for your baby.

How do I get my baby's test results?

Test results will be sent to the hospital and to your baby's medical home. Ask the medical provider for the results of the tests.

What if my baby has an abnormal result?

Your baby's medical provider will be called if the test is abnormal. An abnormal result does not mean that your baby has a disease. Further testing may be necessary.

You can help by:

- Making sure your address and phone number are correct on the blood collection form.
- Making sure your baby's medical provider is listed on the blood collection form.
- Completing all of the tests.

What will happen to my baby's blood sample after the testing is done?

The blood sample will be securely stored for a minimum of 90 days for accurate testing and diagnosis. It may be kept longer for an approved public health purpose. It will then be destroyed.

Can I refuse newborn screening for my baby?

Utah law requires screening in the best interest of your baby's health. An exception can only be made for a religious objection [Statute 26-10-6 (1)]. Go to the program website health.utah.gov/newbornscreening for further information.

Can I request destruction of the blood sample?

If all testing has been completed and diagnosis has been made and you do not want the sample used for any further testing, you may request that the blood sample be destroyed. Go to the program website health.utah.gov/newbornscreening for further information.

How can I get more information on newborn screening?

Ask your medical provider or call the Utah Department of Health at (801) 584-8256. You can also visit the program website at: health.utah.gov/newbornscreening.

Remember these important things to start your baby off on the right foot.

- All babies in Utah are checked to make sure they don't have certain health problems.
- The testing is safe.
- Your baby will be checked twice. The first screen should be done when your baby is 2 days old. The second screen should be done when your baby is 2 weeks old.
- You will be given a second blood collection form. Keep it in a safe place. Don't forget to bring the second blood collection form to your baby's first medical visit.
- An abnormal test does not always mean your baby has a disease. Your baby's medical provider will arrange for further testing, if needed.