

# Newborn Screening

*Helping babies start life healthy*



Minnesota Newborn Screening Program

# What is newborn screening?

Newborn screening is a set of three tests that check babies for serious, rare conditions. Most of these conditions cannot be seen at birth because symptoms do not appear until days, weeks, or months later. Babies can have these conditions even if their brothers and sisters are healthy.

The three newborn screening tests are blood spot, hearing, and heart screening. All of these tests are safe and easy to do. If a condition is found early through one of these tests, treatment and other services can help prevent serious health problems.

Newborn screening helps babies start life healthy.

1

Blood Spot



2

Hearing



3

Heart



# 1. Blood spot screening



With just a few drops of blood from your baby's heel, the Minnesota Department of Health can check for over 50 harmful disorders.

Examples of these disorders include:

- Phenylketonuria (PKU)
- Maple syrup urine disease (MSUD)
- Cystic fibrosis (CF)
- Severe combined immunodeficiency (SCID)
- Thyroid disease
- Galactosemia

These disorders can occur in all people, but many of them are more common in Plain people.

Finding babies with these disorders early and treating them before they show signs of sickness can prevent serious health problems. Health problems can include brain or other organ damage or even death.

## 2. Hearing screening



Hearing screening checks for hearing loss.

Some babies with hearing loss startle to loud sounds and even appear to listen, but they cannot hear people talking. It is important to know this before three months of age because being able to communicate helps babies learn and develop. Finding out your baby has hearing loss early can help you, your baby, and your community learn ways to communicate.

Communication helps make sure children with hearing loss do not fall behind in learning, feel left out, or have accidents or injuries caused from not being able to hear.

During this screening, a small machine plays soft sounds and measures how well your baby responds to those sounds.



If the person delivering your baby does not have hearing screening equipment, be sure to ask a trusted member of your community how you can have your baby screened.

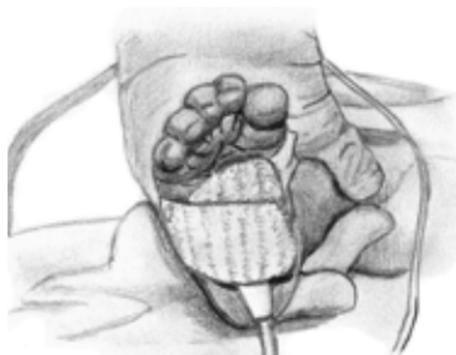
### 3. Heart screening



Heart screening checks for serious, deadly heart defects known as critical congenital heart disease (CCHD). These heart defects are problems with the structure of the heart or the way blood flows through it.

During this screening, a tool called a pulse oximeter measures how much oxygen is in your baby's blood. If found early, babies with CCHD can be treated to prevent health problems or even death.

If the person delivering your baby does not have a pulse oximeter, be sure to ask a trusted member of your community how you can have your baby screened.





## When will I get my baby's results?

Your baby's hearing and heart screening results will be available on the same day of the screening.

The blood spot screening tests take a few days, but your midwife, doctor, or nurse from public health will contact you as soon as possible if the results suggest a problem.

Be sure to ask your midwife or the person performing the screens for the results.

## What if my baby is found to have one of the conditions?

All of the conditions screened for are treatable. If your baby has one of the conditions found through newborn screening, there is help.

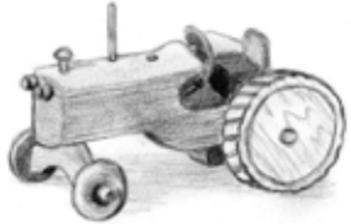
Your midwife, doctor, or nurse from public health will work with you to make sure your baby receives the care and services needed to start life healthy.

## What personal information is written on the screening card?

The screening card that is sent to the Minnesota Department of Health for testing will have some information about you and your baby. Examples include: baby's name, date of birth, time of birth, and mother's name. This information will help make sure the results are accurate.



## What happens to the blood spots and test results after screening?

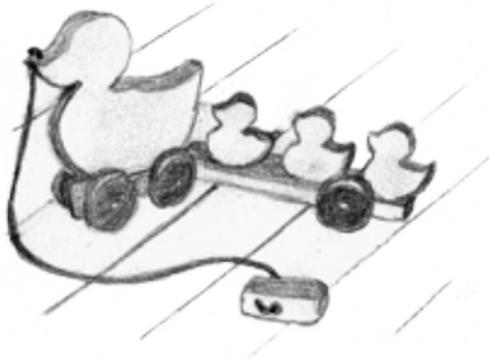


Most of the dried blood is used up during testing. The leftover blood spots and test results may be used by the Minnesota Department of Health to make sure screening is accurate and to improve and develop new screening tests.

They are not used for research or public health studies without the parent's written permission. If you would like to allow them to be used for research or public health studies, ask your midwife, doctor, or nurse from public health for the consent form.

# What if I don't want my child's blood spots and test results stored?

Parents have options about the storage of their child's blood spots and test results. You can ask for your child's blood spots and test results to be destroyed, or you can ask to get the blood spots back. Ask your midwife, doctor, or nurse from public health for the forms and directions on how to ask for these options.



# Can I refuse screening for my baby?

The law requires hospitals, doctors, and midwives in Minnesota to tell you about newborn screening and how it can help your family. Because screening is so important, all babies need to have these three screens. If you don't want your baby screened, you must sign the refusal form. Ask your midwife, doctor, or nurse from public health to help you get this form.

Newborn screening can save your baby's life and protect your baby's health. The possible health risks of not screening are serious. If you do not want screening through the Minnesota Department of Health, ask your midwife, doctor, or nurse from public health about how to arrange for private screening.

# Thanks to...

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# Newborn Screening Checklist



Child's Name

Blood Spot

Hearing

Heart

Child's Name	Blood Spot	Hearing	Heart

Notes:

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Child's Name

Blood Spot

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Heart

Child's Name	Blood Spot	Hearing	Heart

Notes:

# Minnesota Newborn Screening Program

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