



Newborn Metabolic Screening - *Your Baby's First Test*

What do I need to know about Newborn Metabolic Screening?

- Some babies have rare problems that require treatment to stay healthy.
- Babies who are born with these diseases usually seem healthy at birth.
- Most babies do not have a family history of these diseases.
- We screen all babies to find the ones who may need treatment.
- If we identify disease early, we can help prevent serious problems like an intellectual disability or death.

What is included in the Newborn Metabolic Screening?

- Over 50 possible conditions, including:
 - + The inability to break down certain proteins or the sugar in breast milk and most formulas
 - + The inability to use certain fats for energy
 - + Abnormal hemoglobin or sickle cell disease
 - + Problems with thyroid or adrenal glands
 - + The presence of cystic fibrosis
 - + The inability to fight infections



How will my baby be screened?

- Before your baby is screened, a nurse or doctor at the hospital will answer any questions you may have about newborn metabolic screening.
- You have the right to refuse screening. Please think it over carefully. Your baby is depending on you!
- Before you leave the hospital, a few drops of blood will be taken from your baby's heel and put on a special filter paper.
- The filter paper is sent to the Maryland State Newborn Screening Laboratory where the blood is screened for over 50 possible conditions.
- If your baby is not born in a hospital, talk to your baby's primary care provider about newborn metabolic screening.

How will I get the results of the newborn screen?

- Parents will be notified by your baby's primary care provider or a Newborn Screening Follow-Up team member if results show a possible problem.
- You will be advised on what needs to be done to help your baby. Some babies need additional testing immediately and some testing can wait a few days.

Why do babies need to be re-screened?

- In Maryland, all babies are screened two times: in the hospital (24-48 hours after birth) and again in their pediatrician's office (around 10-14 days of age).
- Babies who were screened too early (before eating for at least 24 hours) must get the first screen again as soon as possible.
- Some babies need to be screened again if the previous screen shows a potential problem.
- Some babies need to be screened again because the previous screen had too much or too little blood.

The development of this flyer was supported by the Health Resources and Services Administration Title V Maternal and Child Health Block Grant.



Maryland
DEPARTMENT OF HEALTH



**For more information,
please call 443-681-3916 or
visit**

https://health.maryland.gov/phpa/cyshcn/Pages/NBS_Program.aspx

