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

MARYLAND DEPARTMENT OF HEALTH
Office of Children and Youth
with Specific Health Care Needs

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 take 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 condition.
- 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 (24-24 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.

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For more information, please call 443-681-3916 or visit phpa.health.maryland.gov/genetics