

The Newborn Blood Spot Screening Test

The first days of parenthood are very special and unique for everyone. It is one of the goals of private midwife, to give you a good, safe and sheltered atmosphere at your home. Therefore, our midwives will do every essential examination of your baby at your home, creating the lowest amount of stress for your newborn baby.

One of the routine recommended tests is the “the new born blood spot test”. Please talk to your midwife about this test and she can answer any questions you may have.

Why should my baby have this test?

The New born blood spot test (or NBBS for short) is a world-wide and very often used test method. It allows us to screen for 9 mostly rare but serious health conditions within the first days of life. The nine conditions are:

1. Sickle cell disease
2. Cystic fibrosis
3. Congenital hypothyroidism
4. Phenylketonuria (PKU)
5. Medium-Chain Acyl-CoA Dehydrogenase Deficiency (MCADD)
6. Maple Syrup Urine Disease (MSUD)
7. Isovaleric Acidaemia (IVA)
8. Glutaric Aciduria type 1 (GA1)
9. Homocystinuria (pyridoxine unresponsive) (HCU)

If you need more information about these conditions, please see the NHS website under the following links:

<https://www.gov.uk/guidance/newborn-blood-spot-screening-programme-overview>

<https://www.nhs.uk/conditions/baby/newborn-screening/blood-spot-test/>

Good to know

Your midwife will take your family history during your assessment. If there was a medical condition which afford some further investigations, your midwife will arrange these for you.

How the test is taken:

Your midwife will prick the heel of your baby and collect five little blood spots on a specific test card. After taking the test, the midwife will send the test of the laboratory where it will be analysed. The blood test is normally taken when your baby is 5 days old.



If the results are negative:

If there is nothing found in the blood of your baby you will most likely get a notification after 6 - 8 weeks.

If the results are positive:

It is important to remember that this is a screening test, so if there is a suggestion that your baby may have one of the conditions above, there will be further investigation to verify the result. In these cases you are normally contacted within 2-3 weeks.

Failed results

Occasionally it can happen, that the test needs a repeat. Please don't be alarmed. Reasons for a repeat can be:

- not enough blood
- overlapping blood spots

However, your midwife will support you and your family in every following steps.

This information leaflet was written by Student Midwife Lea Ganzkow. Lea undertook a four-month placement with Private Midwives towards the end of her German midwifery training. Lea is based in Germany and came over to the UK to experience the unique way that Private Midwives provides care. During her placement, she rented accommodation so she could be close to her mentor, midwife Madelaine. Lea was on call 24/7 with Madelaine and was delighted to be involved in the care of many of our lovely families. As part of her work with us, she wanted to give something back to our clients and she thought this information leaflet was a good way to do that.

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