

For more information about newborn screening, religious objections, or blood sample use, contact your doctor, nurse or the Maine Newborn Bloodspot Screening Program.

Maine Department of Health & Human Services
Maine Center for Disease Control & Prevention
Division of Family Health
Newborn Bloodspot Screening Program
11 State House Station
Augusta, Maine 04333-0011

Telephone: 207-287-5357 or 1-800-698-3624
TTY: 1-800-606-0215



John Elias Baldacci
Governor

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Newborn Screening Tests: They Could Save Your Baby's Life



**Maine Newborn Bloodspot
Screening Program**

Why does my baby need newborn screening tests?

By law, all newborns are tested for several rare but serious medical conditions. Babies with these conditions may look healthy at birth. If not treated, these conditions can cause health problems such as mental retardation, slow growth, and even death. With treatment, these problems may be prevented.

How will my baby be tested?

A nurse or other medical professional will take a few drops of blood from your baby's heel. This blood sample is sent to a newborn screening laboratory.

When should the blood sample be taken?

The blood should be drawn after your baby is 24 hours old, but before your baby leaves the hospital.

How will I get the test results?

Your baby's doctor will contact you if the results suggest that your baby may have one of these conditions. The doctor will talk with you about the results and what needs to be done next.

Ask about the test results when you see your baby's doctor.

What if my baby needs to be retested?

Sometimes, a baby needs to be tested again. This does not necessarily mean that your baby has a medical condition. Retesting may need to be done if:

- The blood sample was taken before your baby was 24 hours old
- There was a problem with the way the blood sample was taken
- The first test showed a possible medical condition

Your baby's doctor or the Maine Newborn Bloodspot Screening Program will contact you if your baby needs more testing. It is important to get this testing done right away.



What tests are done?

The tests that are done depend on the state you live in. Each state tests for a slightly different list of conditions. In general, the conditions that are tested for fall into one of the following groups:

- Metabolic conditions, which affect how the body processes food
- Endocrine conditions, which affect the levels of important hormones
- Hemoglobin conditions, which affect the blood and cause anemia, infections, and other health problems
- A pulmonary condition, which affects growth and the lungs



See [insert](#) for a list of the conditions which Maine tests for.

Testing for more conditions may be available at other laboratories for a fee.

How are these conditions treated?

The treatment for each condition is different. Treatment may include a special diet, hormones, and/or medications.

If your baby has one of these conditions, it is very important to start the treatment as soon as possible.

What if I have more questions?

Ask your baby's doctor or contact the Maine Newborn Bloodspot Screening Program. See our contact information on the back of this brochure.