

Positive Result:

Blood Spot Screen Result Notification



Cytomegalovirus (CMV) Detected

What was found on the newborn screen?

The blood spots collected from your baby at birth had the presence of a virus called cytomegalovirus (CMV).

What does this mean?

When a baby is born with CMV, it is called congenital CMV (cCMV). Congenital CMV is an infection present when a baby is born. Children with cCMV may have symptoms from birth, develop symptoms through childhood, or never have symptoms from cCMV.

Your child's screening result does not mean your baby has cCMV, but more testing is needed to know for sure.

What happens next?

Your baby's doctor will check to see if the virus is also in your baby's urine. **For accurate results, this test should be done before your baby is 21 days old.**

If CMV is not found in your baby's urine, no more testing is needed.

If CMV is found in your baby's urine, it means your baby has a CMV infection and more testing is recommended to look for health problems caused by cCMV:

- Blood draw
- Hearing testing by a pediatric audiologist
- Eye exam by an ophthalmologist
- Head ultrasound

You may also be asked to meet with a pediatric infectious disease (ID) specialist.

What health problems are associated with cCMV?

Some babies with cCMV will have symptoms at birth, such as:

- Very small head
- Smaller body than expected for age
- Skin rash
- Yellowing of skin and whites of eyes
- Weak muscles

Some babies (up to 20%) with cCMV will have permanent hearing loss. The hearing loss may be present at birth or show up later in childhood. Because of this, it is important to have regular hearing exams, even if no other symptoms are present at birth.

Most babies with cCMV are born without symptoms of disease and are not expected to develop symptoms.

Newborn screening cannot predict if a baby will have symptoms or not, which is why additional testing is important for children with cCMV.

What treatment options are available?

Although cCMV cannot be cured, some of the symptoms can be treated. Possible treatments include:

- Sign language, hearing aids, cochlear implants for children with hearing loss
- Antiviral medication, if recommended by a pediatric ID specialist

Children with cCMV should see their regular doctor and other providers (as needed) based on symptoms present.

Resources

National CMV Foundation
www.nationalcmv.org

Centers for Disease Control and Prevention:
www.cdc.gov/cytomegalovirus/congenital-infection

Baby's First Test:
www.babysfirsttest.org