Newborn bloodspot screening

A midwife (or sometimes a doctor or specially trained maternity support worker) will ask to take a sample of blood from your baby’s heel. This is used to test for rare but potentially serious illnesses. All babies are tested for the metabolic disorder phenylketonuria (PKU), cystic fibrosis, sickle cell disorders, and congenital hypothyroidism, a thyroid hormone deficiency. Some babies are also tested for medium-chain acyl-CoA dehydrogenase deficiency (MCADD), an inherited problem regarding metabolism. Find out more about the NHS Newborn Blood Spot Screening Programme.