



# Congenital Cytomegalovirus (cCMV)

## Information for Parents

### Sample Collection and Testing

Your infant meets criteria for Iowa cCMV testing because your baby did not pass their first hearing screening AND their second (re-)screening.

Congenital cytomegalovirus infection may cause hearing loss, developmental disabilities or other serious conditions. It is important to test to see if your baby has this infection in order to provide the best care and monitoring of your baby's health.

Your baby's health care provider will explain the recommendation for cCMV testing.

Information is also available on the Iowa Department of Public Health website at

<https://idph.iowa.gov/genetics/public/cmV>

A test sample will need to be collected **BEFORE your baby is 21 days old.**

Your baby's health care provider will determine which type of sample should be collected.

**Urine**



**Acceptable**

**OR**

**Saliva\***



**Acceptable**

**\*2 hours or more  
after feeding**

**NOT**

**Blood**



**UNacceptable**

Either of these samples may be taken at your baby's health care provider's office or at the lab.

If a saliva sample is taken, the inside of your baby's cheek will be swabbed. This must be done 120 minutes *after* their last feeding as CMV could be present in breastmilk.

Obtaining these samples will not harm your baby.

If the cCMV test shows your baby has been infected with the virus, it does not always mean that your newborn will have health problems; however, it will be very important to follow the plan of care that you will discuss with your baby's health care provider.

If you have any questions, please call the Iowa Department of Public Health Early Hearing Detection and Intervention (EHDI) program at (800) 383-3826