



Connecticut Department of Public Health

Newborn Screening Collection Guidelines

Connecticut Newborn Screening Program
Katherine A Kelley State Public Health Laboratory
395 West Street
Rocky Hill, CT 06067
<https://portal.ct.gov/newborn-screening-program>



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Public Health

Connecticut Newborn Screening

NEWBORN SCREENING COLLECTION GUIDELINES

Timing and Transportation

Facilities and midwives are required to submit newborn screening specimens to the state laboratory within 24 hours of collection (Section 19a-55).

The CT NBS Program highly recommends that all samples are shipped with same-day or next-day tracked delivery by courier to:

CT Newborn Screening Program
State Public Health Laboratory
395 West Street
Rocky Hill, CT 06067

*Daily courier transport is recommended whenever possible to control environmental conditions, sustain tracking, and minimize delays in shipment (more on this below).

Birth hospitals and NICUs are required to submit a packing list itemizing the NBS samples contained in each shipment to the SPHL. Include one copy in the shipment and retain a second for the facilities records.

The packing list must contain

- the name of the facility submitting the specimen
- NBS accession number
- the infant's name and date of birth
- hospital medical record number
- shipping date

It is also recommended that the form contain a quality assurance column where the individual preparing the shipment can indicate that every sample is accounted for in the package. Appropriate documentation for all stages in specimen transit should be tracked and maintained, from collection to delivery.

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Please utilize the following basic triple-packaging system when mailing specimens:

- Primary container: filter paper with absorbed and dried blood
- Secondary container: fold-over flap envelope to keep contents secure
- Third container: an outer envelope made of thick, quality paper

When preparing specimens for shipment:

- DO NOT place specimens in airtight, leak-proof, sealed containers (e.g., plastic or foil bags). The lack of internal air circulation can cause moisture buildup and specimen degradation. Desiccant packs may aid in preventing moisture accumulation.
- DO NOT place specimens in mailboxes or specimen lock boxes that are located outdoors. Fluctuating temperatures and humidity may damage them.

It is highly suggested that dried blood spots (DBS) are transported to the State Public Health Lab in a temperature-controlled environment. Exposure to heat, direct sunlight, humidity, and moisture from collection to delivery can affect the stability of DBS and analyte recovery. This can impact results.

Following the recommended timing and transportation guidelines helps provide accurate and timely screening results.

DBS specimens can be shipped or transported by mail or major courier services. Or other carriers with no reasonable expectations of occupational exposure to blood or other potentially infectious material. Universal protocols should be followed when collecting and preparing specimens for shipment.