

Connecticut Department of Public Health

Newborn Screening Shipment Guidelines

Connecticut Newborn Screening Program
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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 SHIPMENT GUIDELINES

Timing and Transportation

Per CGS Section 19a-55, blood spot specimens:

- Shall be collected not earlier than twenty-four hours after the birth of the newborn infant and not later than forty-eight hours after the birth of such infant (unless a situation exists to warrant early collection or collection would be medically contraindicated, see statute).
- Specimens must be given a minimum of four hours to dry and shipped no later than 24 hours after collection.

The CT NBS Program highly recommends that all samples are sent by same day courier or next day tracked delivery 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).

The State Public Health Laboratory accepts newborn screening specimens, 7 days per week including holidays and inclement weather days.

Birth hospitals and NICUs are required to submit a packing list itemizing the samples contained in each shipment to the State Public Health Lab. Facilities should retain a copy for their own records in addition to including a copy in the shipment.

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The packing list must contain:

- The name of the facility submitting the specimen
- NBS accession number (for each sample)
- The infant's name and date of birth
- The Infant's 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.

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 lockboxes that are located outdoors. Fluctuating temperatures and humidity may damage them.

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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 can affect the stability of DBS and analyte recovery. This can impact results.

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

Collectors of samples are strongly encouraged to ship or transport DBS samples by daily courier service. For samples collected in the outpatient setting, it is recommended they are shipped through a service that provides tracking information. This is recommended to avoid delays in shipment or a sample being lost in the mail.

Specimens can be shipped with no reasonable expectations of occupational exposure to blood or other potentially infectious material. Universal precautions should be followed when collecting and preparing specimens for shipment.

CLSI. Dried Blood Spot Specimen Collection for Newborn Screening. 7th Ed. CLSI standard NBS01. Clinical Laboratory Standards Institute