



Why is testing my baby for congenital CMV important?

- Up to 25% of permanent hearing loss in young children is caused by Congenital CMV infection.
- It is best for babies to be diagnosed and assessed within the first three weeks of life so that they can start treatment as quickly as possible, if needed.
- For more information about congenital CMV please visit <http://cmvaction.org.uk/>
- Or contact the paediatric infectious diseases specialist nurses on 07500835509



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HEARING SCREENING & CONGENITAL CYTOMEGALOVIRUS (CMV)

Your Questions Answered

Commented [TT1]: Have you checked with them it's OK to do that? It'll likely be fine but better to check/let them know if possible

Commented [PT2R1]: Yes, they are aware

What is congenital CMV?

Human cytomegalovirus (CMV) is a common virus which can cause similar symptoms to a cold in older children and adults. However, CMV can sometimes cause more significant symptoms if a baby is exposed to it in the womb. This is called *congenital CMV*.

Most babies with congenital CMV have no signs of the infection. CMV still can cause hearing problems in babies who are otherwise well.

Is there a problem with my baby's hearing?

Your baby did not have a clear response on their hearing screening and has been referred for a formal hearing test. The test may show there is nothing wrong, but it might show that your baby has hearing loss.

Although there are many causes for hearing loss in babies, one possible cause is congenital CMV. It is best to diagnose congenital CMV early. This is why we are asking for your consent for your baby to be tested for CMV.

What does the CMV test involve?

A small swab (like a cotton bud) will be placed gently in your baby's mouth to collect saliva. The swab will be sent to a specialist laboratory to test for the virus.

Up to 25% of permanent hearing loss in young children in the UK is caused by Congenital CMV.

Can you treat congenital CMV infection?

Research studies have shown that the antiviral medicine valganciclovir can help some babies with congenital CMV. In some cases, the medicine can stop hearing loss getting worse, or may even improve it. Ideally, the treatment should be started by four weeks of age.

What if my baby does NOT have congenital CMV infection?

If the test is negative, the hospital will send you a letter within a few weeks, telling you your baby does **not** have congenital CMV.

What if my baby DOES have congenital CMV infection?

The hospital will contact you by telephone to arrange appointments, including: a hearing test by Audiology, a medical review by Paediatrics and an eye check by Ophthalmology to find out if your baby has any other signs of congenital CMV. These will be arranged as soon as possible so treatment can be started early if it is needed. The paediatrician will discuss the treatment options with you.

Your baby will be offered follow-up in clinic including regular hearing tests.

