Elevated IRT on newborn screen – a guide for parents

Cystic Fibrosis (CF) Screening

Step 1: Newborn Screening blood spot completed

Shortly after birth, all babies receive a newborn screening test, commonly called the "heel prick test." This sample is sent to the State Lab to screen for several conditions.

Step 2: Elevated IRT Cystic Fibrosis Screening (Test 1 of 2)

Your baby's first test showed an elevated IRT level, which can be an early indicator of Cystic Fibrosis (CF). This is not a diagnosis – but a signal that further testing is needed. (Many babies will have an abnormal result on this screening test, but only a handful will eventually be diagnosed with cystic fibrosis.)

You do not need to act on this result now.

Step 3: Second Test Underway - CF DNA

YOU ARE HERE

The lab is now analyzing the same blood spot sample to determine if genetic variants are present in the Cystic Fibrosis DNA. This takes about 1–2 weeks.

Step 4: What Happens Next?

If there are NO CF variants detected: No further action is needed

If there ARE CF variants detected: Your pediatrician will contact you to discuss the results and the next steps.

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Child and Family Well-Being

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