

Your baby has cCMV, now what?

A baby with congenital cytomegalovirus (cCMV) requires additional evaluations and testing. Even without symptoms, the following are recommended:



Referral to a pediatric audiologist

Even if your child passed their newborn hearing screen, they should receive a diagnostic audiological evaluation **as soon as possible**. This needs to be conducted by an audiologist who has expertise in testing infants. They should have regular and frequent monitoring throughout their childhood. If a change in hearing is suspected, hearing testing needs to be conducted immediately. Following these guidelines is important because cCMV can cause a late onset and progressive hearing loss.



Referral to an infectious disease specialist

An infectious disease specialist can discuss with you the next steps for your child, including the risks and benefits of anti-viral treatment.



Referral to a neurologist

Babies with cCMV should have a head ultrasound. cCMV can cause brain abnormalities so it is important to see a neurologist soon after diagnosis. If the ultrasound shows signs of cCMV, a brain MRI will be ordered to look more closely at the brain. A neurologist can help interpret the brain imaging results and discuss if antiviral medication is right for your baby.



Referral to an otolaryngologist (ENT)

Seeing an Ear, Nose, and Throat doctor (also known as an otolaryngologist) is important for babies with cCMV, especially for those with hearing loss. An ENT can work together with a pediatric audiologist to follow up and monitor your child's hearing over time.



Referral to a pediatric ophthalmologist

Your baby's eyes need to be examined as soon as possible. cCMV can cause vision impairment and changes in the eyes. To identify any changes related to cCMV, a pediatric ophthalmologist will need to do a dilated eye exam.



cCMV clinic at Primary Children's

We know that this diagnosis and additional evaluations may be overwhelming. **The cCMV clinic at Primary Children's Hospital** offers a follow-up process that includes an expert team of specialists to provide consultation, required evaluations, treatment as needed, follow-up, and coordination services for babies and families affected by cCMV. **The cCMV clinic phone number is 801-662-1705.**

Early intervention services

These services evaluate and help your child in various areas of development. Utah's Baby Watch Early Intervention Program (BWEIP) provides early identification and developmental monitoring from birth to 3 years for children that have, or are at risk for, disability or developmental delays. Because cCMV can cause development delays, your child qualifies for early intervention services. Anyone can refer a child to BWEIP at: familyhealth.utah.gov/oec/baby-watch-early-intervention.



Additional parent resources

familyhealth.utah.gov/CMV



National CMV Foundation: nationalcmv.org



If you would like to be connected to other Utah parents who have a baby with congenital CMV or if you have any unanswered questions, please feel free to contact us at 801-273-6600 or cmv@utah.gov.

EARLY HEARING DETECTION AND INTERVENTION (EHDI)

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