

When a diagnosis of congenital CMV has been made, what type of follow-up is recommended?

As with any newborn, regularly scheduled follow-up visits with the child's primary pediatrician or family doctor are advised. At birth he or she should have baseline laboratory tests to determine what organs in the body have been affected by the virus. These tests include: complete blood count, platelet count, and liver function tests. If laboratory results are abnormal, follow up testing should be conducted. Also at birth, to see if the virus has damaged the central nervous system, children with congenital CMV infection should have a computerized tomography (CT) scan of the brain, an eye exam by an ophthalmologist, and a hearing test. Thereafter, at least annual hearing and visual exams are recommended. Because a child with congenital CMV infection may have special needs, her or his growth and development should be followed carefully. Also, unless there is a specific contraindication known, children with congenital CMV infection should receive the routine immunizations recommended for all children.