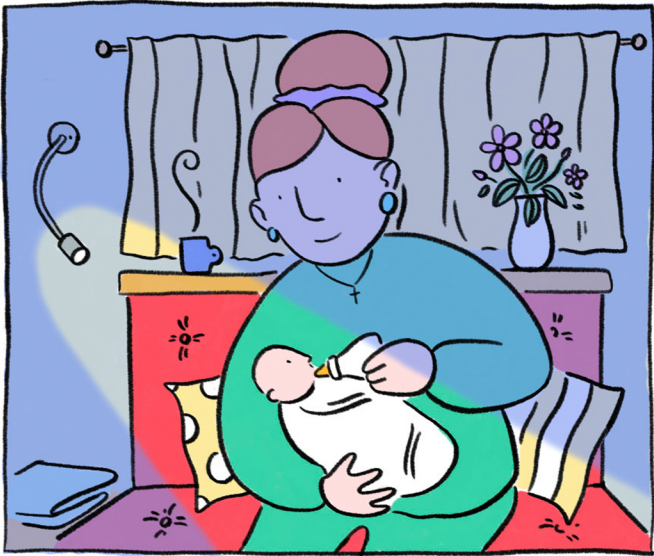


Why is the Beutler Test important?

The test can help us to:

- check for this serious condition early.
- prevent your baby from getting sick.
- make sure your baby gets the right kind of milk and food as they grow up.

If your baby has the condition, they will have to use soy milk.



This leaflet has been developed and produced by The Cork & Kerry Traveller Health Action Group.



West Cork Travellers



FSS an Iardheiscirt
HSE South West

Supported by the Collaboration and Innovation Fund:



Rialtas na hÉireann
Government of Ireland



Anna chomhchistiú ag an Aontas Eorpach
Co-Funded by the European Union

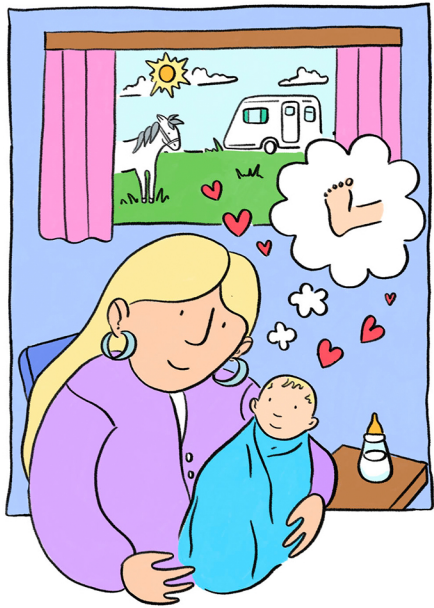
SOLAS
learning works



Adult
Literacy
for Life



Keeping your baby safe - The Beutler Test (Heel Prick Test)



About this leaflet

This leaflet explains how your baby will be checked for a condition called galactosemia.

With galactosemia your baby can't drink breastmilk and needs a special drink called 'soy milk'.

Please read it carefully, as we explain the check and how you can keep your baby safe.



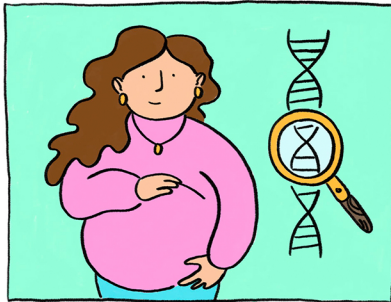
What is the Beutler Test (Heel Prick Test)?

After your baby is born, a doctor or nurse will take a small blood sample from your baby's heel to see if they have galactosemia. This is the Beutler Test.



Your baby will have a special soy milk until the results come back, usually in one to three days.

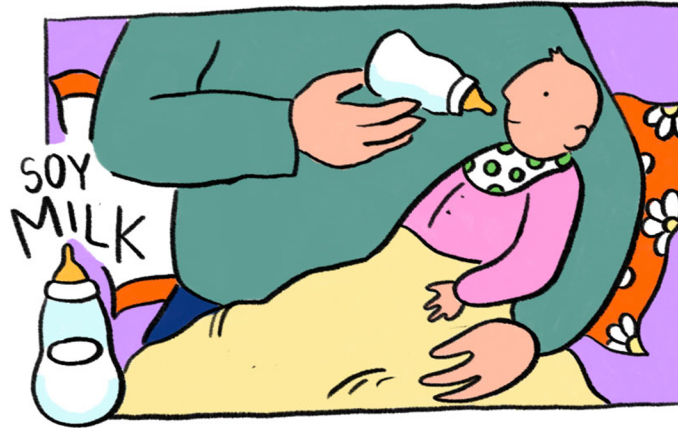
A doctor or nurse may ask if you are a Traveller as the risk of galactosemia is higher in the Traveller Community.



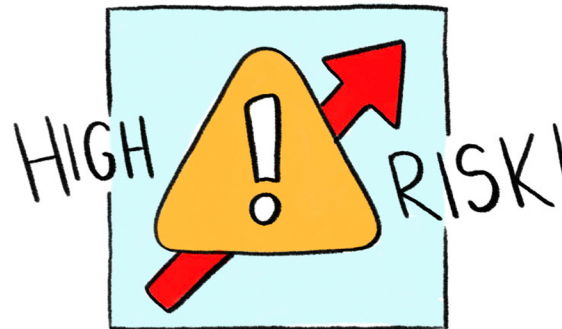
You may also be asked if you want a test before the baby is born to check. This is called antenatal screening.

What is Galactosemia?

It is when your body has trouble with a sugar called lactose that is found in milk, yoghurt and cheeses. It is a rare but very serious condition. It means a baby can get very sick from feeding on breastmilk or bottles of baby milk. A baby with galactosemia needs to drink a special soy milk instead.



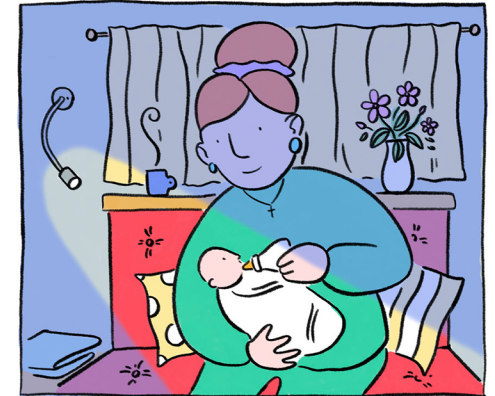
Babies with galactosemia may have problems with bleeding, their liver and serious infections.



What happens with the results?

If your baby does not have the condition, they can stop using soy milk and start using breastmilk or baby formula.

Your midwife will support you with breastfeeding your baby. And if you want to bottlefeed you can switch to regular baby formula as soon as you know your baby does not have the condition.



If your baby has the condition, they will have to use soy milk.

They will need to avoid eating food with galactose for the rest of their life. You will get support from a specialist on what food is best for them.

