



## CONGENITAL ADRENAL HYPERPLASIA SUPPORT GROUP OF NEW ZEALAND (CAHNZ Trust)

The CAHNZ Trust is a registered charity devoted to offering education, support and resources to all New Zealand individuals and families affected by congenital adrenal hyperplasia.

**Freephone:** 0800 224 698 (0800 CAH NZT)

**Email:** [info.CAHNZ@gmail.com](mailto:info.CAHNZ@gmail.com)

**Website:** [www.cah.org.nz](http://www.cah.org.nz)

**Postal address:**

CAHNZ Secretary  
PO Box 66  
Waihi  
Hauraki 3641  
New Zealand

**Membership:** as of May 2011, the CAHNZ annual subscription is NZ\$35 or Aust\$30 per family (with affected child) or adult member.

### OTHER POINTS OF INTEREST

- **All people with CAH should wear a Medic Alert Bracelet at all times.**
- Your doctor can sign this form

April 2009 – Sheryl Tregurtha  
Paediatric Endocrine Nurse Specialist  
Starship Hospital

*Adapted from information from Christine McMahon  
National Testing Centre 2004*

## CONGENITAL ADRENAL HYPERPLASIA (C.A.H.)

### 17OHP BLOOD COLLECTION TECHNIQUE FOR INFANT (Heel Prick)



STARSHIP PAEDIATRIC  
ENDOCRINE SERVICE  
(NATIONAL INFORMATION SHEET)

***Information for Parents & Caregivers***

## **ABOUT THE TEST**

- This type of test is done to give a clearer overview as to if your child is receiving the correct dose of medication at the right times as it looks at several results over a 24-hour period.
- Over a 24-hour period, we ask you to collect several samples i.e. four or six hourly testing.
- We measure a hormone called 17 hydroxy-progesterone (17OHP).

## **IN PREPARATION**

- Gather all supplies (four or six filter paper cards, several lancets / needles, band-aids). Check cards are not expired.
- Complete the written data on the Guthrie card (complete name, NHI number, the time and date sample is collected either state whether this is am or pm, or use 24-hour time (e.g. 0800, 1600).
- Take care not to touch the blood spot collection area of the cards as this can affect the accuracy of the sample.

## **GETTING READY FOR THE TEST**

- Wash your hands well (you may want to wear disposable gloves, if any cuts or abrasions ensure these are covered)
- Keep the room well heated before and during the blood collection.
- For blood collection from infants it may be helpful to first soak the foot and leg in warm water or bath, or to wash area with a warm flannel. The foot should feel **very** warm.
- Dry the area well.

## **DOING THE BLOOD COLLECTION TEST**

- Using the auto lancet or lancet provided, make the puncture by lancing the side of the heel.
- Allow a large drop of blood to accumulate at the puncture site, and then drop free flowing blood onto the card, and **fill one circle completely**. Avoid letting the skin touch the card.
- If the blood does not completely fill the circle, add another drop and fill the remaining area of the circle until it is full.
- Ensure the blood has completely soaked through to the reverse side of the card.
- Apply pressure to stop bleeding and then apply a Band-Aid.
- It is ideal to get one large drop rather than lots of small drops.
- Use ONE card per sample and only fill ONE circle every four – six hours (i.e. as advised by your doctor).

## **WHAT TO DO WITH THE CARD**

- Place the card/s horizontally to dry for four hours at normal air temperature, out of the sunlight.
- Ensure air can get to both sides of the card while drying.
- Protect the card from insects (especially flies as they may choose to lay their eggs on the sample).
- Do not use a heater or hair dryer to dry card. Air-drying is important!
- Keep safe from spills from other liquids etc.
- When dry, the blood sample will go brown.

- When card is dry, fold the cardboard flap over the blood sample and place in a paper envelope and keep safe until all the blood samples are collected.
- If results are needed quickly, avoid posting on Thurs, Friday or Saturday.
- Once all collected post all cards in ONE envelope and address to:

**National Testing Centre  
PO Box 872  
Shortland Street  
Auckland 1140**

## **HELPFUL HINTS**

- Do the test after giving the infant a bath. Put a wriggly infant in their high chair and occupy with something 'fun'.
- If possible, take blood samples when you have someone on hand to assist.

## **YOUR MEDICAL TEAM**

For **urgent** medical advice related to severe illness (vomiting &/or diarrhoea, fever, serious injury), your child may need an injection of hydrocortisone (SoluCortef®) and/or be admitted to hospital.

**Please contact** \_\_\_\_\_

## **Paediatric Endocrine Nurse Specialist Starship**

For questions and supplies re 17OHP testing, contact Sheryl Tregurtha.  
Tel: 09 631 0790 – option 2 (or leave a message)  
Email: [SherylT@adhb.govt.nz](mailto:SherylT@adhb.govt.nz)

## **National Testing Centre**

For filter-paper testing packs (12 cards in each), also contact Joan Carri:  
New Born Screening Resources  
Tel: 09 3074949 (ext 23047#)  
Email: [nbsr@adhb.govt.nz](mailto:nbsr@adhb.govt.nz)