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Next Review: March 2027

Lymphopenia

This is usually a benign situation

There are numerous causes of a low lymphocyte count. If one or more of these is known to be present, then no further investigation is required:

- Elderly patients (>70 years old and lymphocytes >0.5)
- Reactive and post acute infections, trauma, surgery, stress
- Bacterial and viral infection including HIV, hepatitis, TB
- Systemic autoimmune disorders
- Medications including steroids, chemotherapy, rituximab
- Sarcoidosis
- Alcohol excess
- Malnutrition
- Systemic illness (renal, cardiac, liver failure, malignancy)
- Rare congenital immune disorders

Even in the absence of one of these causes, if the lymphocytopenia is mild (0.5-1.5) and the patient is well, then only FBC monitoring is required (eg 6 monthly initially, extended to annually if stable)

Only refer to haematology if there are other factors raising concern for haematological malignancy:

- Unintentional weight loss
- Fevers in the absence of infection
- Drenching night sweats
- Recurrent infections with no other underlying cause
- Lymphadenopathy or hepatosplenomegaly
- Other cytopenias