

11. NIGHT SWEATS

11.1 SCOPE

There are many causes of night sweats other than lymphoma.

In the absence of any blood or examination findings to suggest lymphoma, whole body imaging is NOT indicated.

Without abnormal blood count or examination findings the likelihood of lymphoma or leukaemia as a cause is extremely low and other causes should be sought.

11.2 ASSESSMENT

Causes:

- Anxiety disorders
- Medications
- Antidepressants especially SSRI
- Hormone blocking drugs
- Alcohol (use and withdrawal)
- Recreational drugs (opioids, cocaine, cannabis, benzodiazepines)
- Endocrine
- Menopause and sex hormone deficiencies
- Hypoglycaemia
- Thyroid disease
- Carcinoid
- Pheochromocytoma
- Infection including HIV, TB and bacterial endocarditis
- Neurological
- Stroke
- Autonomic neuropathy

11.3 INVESTIGATIONS

- Thorough history especially of therapeutic or recreational drug use
- FBC and blood film, electrolytes, liver function, bone screen
- Consider LDH, immunoglobulins, HIV test
- Testosterone
- Thyroid function
- Sex hormones FSH, LH as indicated
- Consider CXR

11.4 REFERRAL

- Only if there are any indicators of haematological malignancy on the above screening tests e.g. Unexplained cytopenias, lymphocytosis or blood film suggestive of lymphoproliferative disorder
- Involuntary weight loss
- Lymphadenopathy (as 2ww)
- Splenomegaly (as 2ww)

Do not refer isolated night sweats to haematology