

Pregnancy Complicated by Aplastic Anemia

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A case of a 27-year-old Bahraini female, pregnant for the first time and was not known to have any medical illness presented with pancytopenia. She had an uneventful pregnancy up to 17 weeks when she was referred from local health center with an incidental finding of pancytopenia. She received a total of 32 units of platelets and 3 units of packed red blood cells. Bone marrow biopsy revealed severe hypoplastic bone marrow without infiltrates, and a diagnosis of severe aplastic anemia was confirmed.

The pregnancy was terminated by cesarean section at 29 weeks of gestation. The patient remained stable during surgery and postoperatively while the preterm newborn was transferred to the neonatal intensive care unit for optimal care. The pancytopenia persisted post-partum, and the patient is currently being followed up.