Recommendations for Referral regarding Adenotonsillar hypertrophy and obstructive sleep apnea:

Please refer patients to the pediatric otolaryngology clinic who have:

1) a history of heavy snoring, apneic pauses, gasping, restless sleep, chronic mouth breathing, daytime sleepiness, attention deficit/hyperactivity disorder
2) obstructive sleep apnea on polysomnography (obstructive AHI > 1 or desaturations below 90%)

Suggested Testing Prior to Referral:

Consider obtaining an overnight sleep study (polysomnography) for patients with a history suggestive of OSA and one or more of the following criteria:
   Age < 2 yrs
   Obese children
   Craniofacial anomalies
   Down syndrome
   Neuromuscular disorders
   Bleeding disorders
   History inconsistent with physical exam (e.g. small tonsils with convincing history of OSA)

Clinic Contact Information
Phone: 503 494-5350
Fax: 503 346-6826

Doernbecher patient consult line for referring providers: 503 346-0644 or 888 346-0644.