

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**.