

<b>Policy statement:</b>	<b>Snoring and Snoring ENT referrals</b>
<b>Status:</b>	<b>Not Funded/Group Prior Approval</b>

## Snoring

M&SECCGs do not fund procedures for simple snoring where this is the sole problem. This includes but is not limited to surgical procedures and related treatments in adults to remove, refashion or stiffen the tissues of the soft palate.

Surgical interventions and related treatments for simple snoring **will not be funded**: Such interventions include, but may not be limited to, the following:

Uvulopalatopharyngoplasty (UP3 or UPPP)  
Laser assisted uvulopalatoplasty (LAUP)  
Radiofrequency ablation (RFA)  
Soft palate implants

If associated with sleep apnoea - see Sleep Studies

This service/procedure has been assessed as a **Low Clinical Priority** by M&SECCGs and will not be funded unless there are **exceptional clinical circumstances**.

## Snoring ENT referrals

**In circumstances where a cancer is suspected, the 2 week wait referral process should be used.**

A referral for an assessment to exclude other sinister pathology will be funded when all the following conservative measures have been tried prior to referral

- Weight reduction if BMI is over 35
- Use of therapies such as nasal sprays or strips
- Use of ear plugs whilst asleep
- Reduction of alcohol
- Stop smoking
- Self-training to alter their sleep position to avoid lying on their back. Please indicate in any referral, how the patient has altered sleep position
- Use of a mandibular device (not funded by the NHS)

See also Septoplasty, Facial Aesthetic-Rhinoplasty and Snoring Value Based Commissioning Policies.

Individual funding requests should only be made where the patient demonstrates clinical exceptionality.

Further information on applying for funding in exceptional clinical circumstances can be found on the CCGs' website.