

Rush University System for Health

Innovating Treatment with the DISE-PAP Procedure at Rush

Rush University Medical Center's Sleep Surgery Program is the first in Chicago to implement non-invasive alternatives to continuous positive airway pressure (CPAP) devices called drug-induced sleep endoscopy with positive airway pressure (DISE-PAP). This procedure is unique because it also applies positive air pressure to the airway during sedation.

An Individualized Approach. Our goal at Rush is to examine each patient's DISE-PAP results to determine which surgical interventions would most benefit a patient's individual case. Preliminary studies have demonstrated that DISE-PAP can be used as a targeted therapy to help physicians predict and better understand how patients may respond to other obstructive sleep apnea procedures. An initial study from Emory University in Atlanta showed that when DISE-PAP determines patients have an airway opening pressure of 8 centimeters or less, it is more likely that they are better candidates for the Inspire implant, an alternative surgical device, and that they also have improved outcomes.

Patients getting the procedure are required to schedule an initial regular office visit where they receive an exam while awake. In a follow-up appointment, the DISE-PAP procedure is an in hospital, daytime test that lasts only 15-20 minutes. Since the patient is intravenously sedated and no breathing tube is required, the procedure is painless. Most patients can return to their normal routine immediately afterward, though they are advised not to drive. Once the procedure is complete, we provide patients with a written summary of their results and can discuss the results during a follow-up over the phone.

The procedure is ideal for patients who cannot tolerate standard non-invasive therapies, such as CPAP. Possible candidates for DISE-PAP include, but are not limited to, patients who have previously experienced a cerebral spinal fluid leak or an injury to the base of the skull. Additionally, patients who are claustrophobic have been shown to tolerate DISE-PAP.

Locations

Rush Orthopedic Building

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Suite 500
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Rush Oak Park

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Rush Oak Brook

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Learn more:
rush.edu/sleep-surgery

Our Team



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