Market Applicability							
Market	**DC**	**GA**	**KY**	**MD**	**NJ**	**NY**	**WA**
Applicable	X	X	X	X	X	X	X

Xyrem (sodium oxybate)

Override(s)	Approval Duration
Prior Authorization Quantity Limit	Initial requests – 3 months Renewal requests - 6 months

Medications	Quantity Limit
Xyrem (sodium oxybate) 500mg/mL	May be subject to quantity limit

APPROVAL CRITERIA

Initial requests for Xyrem (sodium oxybate) may be approved if the following criteria are met:

I. Individual is 7 years of age or older; **AND**
II. Documentation is provided that individual has a diagnosis of Narcolepsy type 1 confirmed by the presence of daily periods of irrepressible need to sleep or daytime lapses into sleep occurring for at least 3 months and at least one of the following:
    A. Clear cataplexy (defined as "more than one episode of generally brief [less than 2 minutes] usually bilaterally symmetrical, sudden loss of muscle tone with retained consciousness"); **AND**
    B. Multiple Sleep Latency Test (MSLT) showing one of the following:
        1. Mean sleep latency of less than 8 minutes with evidence of two sleep-onset rapid eye movement periods (SOREMPs) (ICSD-3, 2014); **OR**
        2. At least one SOREMP on MSLT and a SOREMP (less than 15 minutes) on the preceding overnight polysomnography (PSG);

    OR
    C. Cerebrospinal fluid hypocretin-1 deficiency (less than [<] 110 pg/mL or less than one-third of the normative values with the same standardized assay);

Initial requests for Xyrem (sodium oxybate) may also be approved if the following criteria are met, (I and II) and either III or IV:

I. Individual is 7 years of age or older; **AND**
II. Documentation is provided that individual has a diagnosis of Narcolepsy type 2 confirmed by the following
    A. Daily periods of irrepressible need to sleep or daytime lapses into sleep occurring for at least 3 months; **AND**
    B. Multiple Sleep Latency Test (MSLT) with one of the following:

Market Applicability							
Market	**DC**	**GA**	**KY**	**MD**	**NJ**	**NY**	**WA**
Applicable	X	X	X	X	X	X	X

1. Mean sleep latency of less than 8 minutes with evidence of two sleep-onset rapid eye movement periods (SOREMPs) (ICSD-3, 2014); **OR**
2. At least one SOREMP on MSLT and a SOREMP (less than 15 minutes) on the preceding overnight polysomnography (PSG); **AND**

C. The absence of cataplexy; **AND**
D. Exclusion of alternative causes of excessive daytime sleepiness by history, physical exam and polysomnography.

AND

III. Documentation is provided that individual has had a previous trial (medication samples/coupons/discount cards are excluded from consideration as a trial) of and inadequate response or intolerance to two of the following medications:
   A. One of the following wakefulness promoting medications
      1. Modafinil; **OR**
      2. Armodafinil; **OR**
      3. Sunosi (solrifametol); **OR**
      4. Wakix (pitolisant);

   AND
   B. One of the following stimulants:
      1. Methylphenidate; **OR**
      2. Dextroamphetamine; **OR**
      3. Amphetamine/dextroamphetamine salt immediate-release;

OR

IV. Documentation is provided that trials of wakefulness promoting agents and stimulant agents are not are not acceptable due to concomitant clinical situations including but not limited to the following:
   A. Cardiovascular disease; **OR**
   B. Drug interactions.

Renewal requests for Xyrem (sodium oxybate) may be approved if the following criteria are met:

I. Individual has met initial diagnostic criteria as noted above; **AND**
II. Documentation is provided that Xyrem use has resulted in a reduction in frequency of cataplexy attacks compared to baseline; **OR**
III. Documentation is provided that Xyrem use has resulted in a reduction in excessive daytime sleepiness (EDS) as measured by improvement in Epworth Sleepiness Scale (ESS) measurements or Maintenance of Wakefulness Test (MWT) compared to baseline.

Market Applicability							
Market	**DC**	**GA**	**KY**	**MD**	**NJ**	**NY**	**WA**
Applicable	X	X	X	X	X	X	X

Requests for Xyrem (sodium oxybate) may **not** be approved for the following:

I. Individual is using in combination with other sedative hypnotic agents; **OR**
II. Individual is using in combination with alcohol; **OR**
III. Individual has been diagnosed with succinic semialdehyde dehydrogenase deficiency.

Note:
Xyrem (sodium oxybate) has black box warnings for central nervous system (CNS) depression and misuse and abuse. Respiratory depression can occur with use. Sodium oxybate is the sodium salt of gamma hydroxybutyrate (GHB). Abuse or misuse of GHB is associated with CNS adverse reactions, including seizures, respiratory depression, decreased consciousness, coma, and death. Because of the risks of CNS depression, abuse, and misuse, Xyrem is available only through a restricted distribution program called the XYREM REMS Program(R), using a centralized pharmacy. Prescribers and individuals must enroll in the program; call 1-866-XYREM88 for additional information.

Key References:

1. Clinical Pharmacology [database online]. Tampa, FL: Gold Standard, Inc.: 2019. URL: http://www.clinicalpharmacology.com. Updated periodically.
2. DailyMed. Package inserts. U.S. National Library of Medicine, National Institutes of Health website. http://dailymed.nlm.nih.gov/dailymed/about.cfm. Accessed: March 8, 2019.
3. DrugPoints® System [electronic version]. Truven Health Analytics, Greenwood Village, CO. Updated periodically.
4. Epstein LJ, Kristo D, Strollo PJ, et al. Clinical Guideline for the Evaluation, Management and Long-term Care of Obstructive Sleep Apnea in Adults: Adult Obstructive Sleep Apnea Task Force of the American Academy of Sleep Medicine. *J Clin Sleep Med* 2009; 5(3):263-276. Available from: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2699173/pdf/jcsm.5.3.263.pdf. Accessed March 8, 2019.
5. Lexi-Comp ONLINE™ with AHFS™, Hudson, Ohio: Lexi-Comp, Inc.; 2018; Updated periodically.
6. Wise MS, Arand DL, Auger RR, Brooks SN, Watson NF; American Academy of Sleep Medicine. Treatment of Narcolepsy and other Hypersomnias of Central Origin. Sleep. 2007 Dec 1;30(12):1712-27. Available from: http://www.aasmnet.org/Resources/PracticeParameters/Review_Narcolepsy.pdf. Accessed March 8, 2019.
7. Kapur VK, Auckley DH, Chowdhri S, et.al. Clinical practice guideline for diagnostic testing for adult obstructive sleep apnea: An American Academy of Sleep Medicine clinical practice guideline. *J Clin Sleep Med.* 2017; 13(3): 479-504. Available from: https://aasm.org/resources/clinicalguidelines/diagnostic-testing-osa.pdf. Accessed April 8, 2019.

This policy does not apply to health plans or member categories that do not have pharmacy benefits, nor does it apply to Medicare. Note that market specific restrictions or transition-of-care benefit limitations may apply.

Market Applicability							
Market	**DC**	**GA**	**KY**	**MD**	**NJ**	**NY**	**WA**
Applicable	X	X	X	X	X	X	X

8. Sateia MJ. International classification of sleep disorders – third edition: Highlights and modifications. *Chest.* 2014 Nov; 146(5): 1387-1394.

Federal and state laws or requirements, contract language, and Plan utilization management programs or polices may take precedence over the application of this clinical criteria.

This policy does not apply to health plans or member categories that do not have pharmacy benefits, nor does it apply to Medicare. Note that market specific restrictions or transition-of-care benefit limitations may apply.