Xyrem (sodium oxybate), sodium oxybate – brand, Xywav (calcium, magnesium, potassium and sodium oxybates)

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

Medications	Quantity Limit
Xyrem (sodium oxybate) 500mg/mL sodium oxybate 500mg/mL - brand Xywav (calcium, magnesium, potassium and sodium oxybates) 500mg/mL	May be subject to quantity limit

APPROVAL CRITERIA

Initial requests for Xyrem (sodium oxybate), sodium oxybate – brand, Xywav (calcium, magnesium, potassium and sodium oxybates) may be approved if the following criteria are met:

I. Individual is 7 years of age or older; **AND**
II. Individual has a diagnosis of Narcolepsy type 1 defined 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 ([A and B] OR C) of the following (ICSD-3):
    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. Documentation is provided for a 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. Documentation is provided of 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), sodum oxybate – brand, Xywav (calcium, magnesium, potassium and sodium oxybates) may also be approved if the following criteria are met:

I. Individual is 7 years of age or older; **AND**
II. Individual has a diagnosis of Narcolepsy type 2 defined by the following (ICSD-3):
    A. Daily periods of irrepressible need to sleep or daytime lapses into sleep occurring for at least 3 months; **AND**
    B. Documentation is provided for a Multiple Sleep Latency Test (MSLT) with 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); **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 of and inadequate response or intolerance to the following (A and B below). Medication samples/coupons/discount cards are excluded from consideration as a trial:
    A. One of the following wakefulness promoting medications:
        1. Modafinil (does not apply in CA, CO where non-formulary); **OR**
        2. Armodafinil; **OR**
        3. Individual is 7 to 17 years of age;

    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 acceptable due to concomitant clinical situations including but not limited to the following:
    I. Cardiovascular disease; **OR**
    II. Drug interactions;

Initial requests for Xyrem (sodium oxybate), sodium oxybgate – brand, Xywav (calcium, magnesium, potassium and sodium oxybates) may be approved if the following criteria are met:

I. Individual is 18 years of age or older; **AND**
II. Individual has a diagnosis of idiopathic hypersomnia (IH) defined by the following (ICSD-3, Kahn 2015, Sateia 2014, AASM 2021):
    A. Daily periods of irresistible need to sleep or daytime lapses into sleep for more than 3 months; **AND**
    B. Absence of cataplexy; **AND**

C. Insufficient sleep syndrome ruled out (if deemed necessary, by lack of improvement of sleepiness after an adequate trial of increased nocturnal time in bed, preferably verified by at least 1 week of wrist actigraphy); **AND**
D. Documentation is provided for a Multiple Sleep Latency Test (MSLT) shows the following:
    1. Fewer than (<) 2 sleep-onset rapid eye movement periods (SOREMPs); **OR**
    2. No SOREMPs if the REM sleep latency period on the preceding overnight polysomnogram is 15 minutes or less; **AND**
E. Documentation is provided showing the presence of at least one of the following:
    1. MSLT showing a mean sleep latency of 8 minutes or less; **OR**
    2. Total 24-hour sleep time of 660 minutes or longer (typically 12-14 hours) on 24-hour polysomnography monitoring (performed after the correction of chronic sleep deprivation) or by wrist actigraphy in association with a sleep log (averaged over at least 7 days with unrestricted sleep); **AND**
F. Hypersomnolence or MSLT findings are not better explained by another sleep disorder, medical or neurologic disorder, mental disorder, medication use, or substance abuse.

AND

III. Documentation is provided that individual has had a previous trial of and inadequate response or intolerance to modafinil (AASM 2021) (does not apply in CA, CO where non-formulary). Medication samples/coupons/discount cards are excluded from consideration as a trial.

Renewal requests for Xyrem (sodium oxybate), sodium oxybate – brand, Xywav (calcium, magnesium, potassium and sodium oxybates) may be approved if the following criteria are met:

I. Individual has met initial diagnostic criteria as noted above (if documentation has been previously submitted for initial authorization, new documentation does not need to be submitted); **AND**
II. Documentation is provided that Xyrem, sodium oxybate – brand. or Xywav use has resulted in a reduction in frequency of cataplexy attacks compared to baseline; **OR**
III. Documentation is provided that Xyrem, sodium oxybate – brand, or Xywav 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.

Requests for Xyrem (sodium oxybate), sodium oxybate – brand, Xywav (calcium, magnesium, potassium and sodium oxybates) 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), sodium oxybate – brand, Xywav (calcium, magnesium, potassium and sodium oxybates) have 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 and Xywav are available only through a restricted distribution program called the XYREM or XYWAV REMS Program, using a centralized pharmacy. Prescribers and individuals must enroll in the program; call 1-866-997-3688 for additional information.

Key References:

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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.