

Clinical Policy: Sedative-Hypnotics, Non-Barbiturate Agents

Reference Number: OH.PHAR.PPA.45

Effective Date: 01.01.2020

Last Review Date: 10.20

Line of Business: Medicaid

See [Important Reminder](#) at the end of this policy for important regulatory and legal information.

CNS AGENTS: SEDATIVE-HYPNOTICS, NON-BARBITURATE

NO PA REQUIRED "PREFERRED"	PA REQUIRED "NON-PREFERRED"
ESTAZOLAM (generic of Prosom®) TEMAZEPAM 15mg, 30mg (generic of Restoril®) ZALEPLON (generic of Sonata®) ZOLPIDEM (generic of Ambien®)	BELSOMRA® (suvorexant) DAYVIGO™ (lemborexant) DOXEPIN (generic of Silenor®) ESZOPICLONE (generic of Lunesta®) INTERMEZZO® SL (zolpidem) ROZEREM® (ramelteon) TEMAZEPAM 7.5mg, 22.5mg (generic of Restoril®) ZOLPIDEM ER (generic of Ambien® CR) ZOLPIDEM SL (generic of Edluar®)

FDA Approved Indication(s)

- Refer to Clinical Pharmacology or other appropriate clinical resource for FDA approved indications

Policy/Criteria

Provider must submit documentation (such as office chart notes, lab results or other clinical information) supporting that member has met all approval criteria.

It is the policy of health plans affiliated with Centene Corporation® that Belsomra®, Dayvigo™, eszopiclone, Intermezzo® SL, Rozerem®, Silenor®, temazepam 7.5mg, 22.5mg, zolpidem er, zolpidem sl and Zolpimist® are **medically necessary** when the following criteria are met:

I. Initial Approval Criteria

A. Prescribed indication is FDA-approved or supported by standard pharmacopeias (must meet all):

1. Age > 18 years;
2. Member has had a therapeutic failure to no less than a 10 day trial of at least two medications not requiring prior approval unless any of the following:
 - a. Allergy to medications not requiring prior approval

**CLINICAL POLICY: SEDATIVE-HYPNOTICS,
Non-Barbiturate Agents**



- b. Contraindication to or drug interaction with medications not requiring prior approval
 - c. History of unacceptable/toxic side effects to medications not requiring prior approval
 - d. The prescriber indicates the patient has a history of addiction, then may approve a requested non-controlled medication
3. Dose does not exceed the FDA-approved maximum recommended dose for the relevant indication

Approval duration: 180 days

II. Diagnoses/Indications for which coverage is NOT authorized:

- A. Non-FDA approved indications, which are not addressed in this policy, unless there is sufficient documentation of efficacy and safety according to the off label use policy – CP.PMN.53 for Medicaid or evidence of coverage documents.

III. Appendices/General Information

Appendix A: Abbreviation/Acronym Key

FDA: Food and Drug Administration

Appendix B: Therapeutic Alternatives

This table provides a listing of preferred alternative therapy recommended in the approval criteria. The drugs listed here may not be a formulary agent for all relevant lines of business and may require prior authorization.

Drug Name	Dosing Regimen	Dose Limit/ Maximum Dose
Zolpidem tartrate (Ambien®)	Adults: 5-10 mg PO HS PRN Elderly: 5 mg PO HS PRN	Adults: 10 mg/day Elderly: 5 mg/day
Estazolam (Prosom®)	Adults: 1-2 mg PO HS PRN Elderly: 0.5-2 mg PO HS PRN	Adults: 2 mg/day Elderly: 2 mg/day
Zaleplon (Sonata®)	Adults: 10-20 mg PO HS PRN Elderly: 5-10 mg PO HS PRN	Adults: 20 mg/day Elderly: 10 mg/day
Temazepam 15mg, 30mg (Restoril®)	Adults: 15–30 mg PO HS PRN Elderly: 7.5-30mg PO HS PRN	Adults: 30 mg/day Elderly: 30 mg/day

Therapeutic alternatives are listed as Brand name® (generic) when the drug is available by brand name only and generic (Brand name®) when the drug is available by both brand and generic

Appendix C: Contraindications/Boxed Warnings

- Refer to Clinical Pharmacology or other appropriate clinical resource for contraindications or black box warnings

**CLINICAL POLICY: SEDATIVE-HYPNOTICS,
Non-Barbiturate Agents**



IV. Dosage and Administration

A. Varies by drug product. See FDA approved dosing and administration.

V. Product Availability

A. Varies by drug product. Refer to Clinical Pharmacology or other appropriate clinical resource for product availability

VI. References

Refer to package insert

Reviews, Revisions, and Approvals	Date	P&T Approval Date
Policy created	11.2019	
Annual Review: added Dayvigo™ as a non-preferred agent	10.20	

Important Reminder

This clinical policy has been developed by appropriately experienced and licensed health care professionals based on a review and consideration of currently available generally accepted standards of medical practice; peer-reviewed medical literature; government agency/program approval status; evidence-based guidelines and positions of leading national health professional organizations; views of physicians practicing in relevant clinical areas affected by this clinical policy; and other available clinical information. The Health Plan makes no representations and accepts no liability with respect to the content of any external information used or relied upon in developing this clinical policy. This clinical policy is consistent with standards of medical practice current at the time that this clinical policy was approved. “Health Plan” means a health plan that has adopted this clinical policy and that is operated or administered, in whole or in part, by Centene Management Company, LLC, or any of such health plan’s affiliates, as applicable.

The purpose of this clinical policy is to provide a guide to medical necessity, which is a component of the guidelines used to assist in making coverage decisions and administering benefits. It does not constitute a contract or guarantee regarding payment or results. Coverage decisions and the administration of benefits are subject to all terms, conditions, exclusions and limitations of the coverage documents (e.g., evidence of coverage, certificate of coverage, policy, contract of insurance, etc.), as well as to state and federal requirements and applicable Health Plan-level administrative policies and procedures.

This clinical policy is effective as of the date determined by the Health Plan. The date of posting may not be the effective date of this clinical policy. This clinical policy may be subject to applicable legal and regulatory requirements relating to provider notification. If there is a discrepancy between the effective date of this clinical policy and any applicable legal or regulatory requirement, the requirements of law and regulation shall govern. The Health Plan

**CLINICAL POLICY: SEDATIVE-HYPNOTICS,
Non-Barbiturate Agents**



retains the right to change, amend or withdraw this clinical policy, and additional clinical policies may be developed and adopted as needed, at any time.

This clinical policy does not constitute medical advice, medical treatment or medical care. It is not intended to dictate to providers how to practice medicine. Providers are expected to exercise professional medical judgment in providing the most appropriate care, and are solely responsible for the medical advice and treatment of members. This clinical policy is not intended to recommend treatment for members. Members should consult with their treating physician in connection with diagnosis and treatment decisions.

Providers referred to in this clinical policy are independent contractors who exercise independent judgment and over whom the Health Plan has no control or right of control. Providers are not agents or employees of the Health Plan.

This clinical policy is the property of the Health Plan. Unauthorized copying, use, and distribution of this clinical policy or any information contained herein are strictly prohibited. Providers, members and their representatives are bound to the terms and conditions expressed herein through the terms of their contracts. Where no such contract exists, providers, members and their representatives agree to be bound by such terms and conditions by providing services to members and/or submitting claims for payment for such services.

Note:

For Medicaid members, when state Medicaid coverage provisions conflict with the coverage provisions in this clinical policy, state Medicaid coverage provisions take precedence. Please refer to the state Medicaid manual for any coverage provisions pertaining to this clinical policy.

©2019 Centene Corporation. All rights reserved. All materials are exclusively owned by Centene Corporation and are protected by United States copyright law and international copyright law. No part of this publication may be reproduced, copied, modified, distributed, displayed, stored in a retrieval system, transmitted in any form or by any means, or otherwise published without the prior written permission of Centene Corporation. You may not alter or remove any trademark, copyright or other notice contained herein. Centene® and Centene Corporation® are registered trademarks exclusively owned by Centene Corporation.

