Clinical Policy: Pregabalin (Lyrica)
Reference Number: LA.PMN.33
Effective Date: 01.01.07
Last Review Date: 07.18
Line of Business: Medicaid

See Important Reminder at the end of this policy for important regulatory and legal information.

Description
Pregabalin (Lyrica®), a structural derivative of the inhibitory neurotransmitter gamma-aminobutyric acid (GABA), is a calcium channel alpha 2-delta ligand with anti-nociceptive and anti-seizure effects.

FDA Approved Indication(s)
Lyrica is indicated for the treatment of:
- Neuropathic pain associated with diabetic peripheral neuropathy
- Postherpetic neuralgia
- Adult patients with partial onset seizures as adjunctive therapy
- Fibromyalgia
- Neuropathic pain associated with spinal cord injury

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 Lyrica is medically necessary when the following criteria are met:

I. Initial Approval Criteria
   A. Neuropathic Pain (must meet all):
      1. Diagnosis of neuropathic pain associated with diabetic neuropathy, postherpetic neuralgia, or spinal cord injury;
      2. Age ≥ 18 years;
      3. Failure of a 30 day trial of gabapentin at ≥ 1800 mg/day unless contraindicated or clinically significant adverse effects are experienced;
      4. Failure of a 30 day trial of ONE tricyclic antidepressant (TCA, e.g., amitriptyline, nortriptyline, imipramine) “OR” ONE formulary SNRI (e.g., duloxetine, venlafaxine) at up to maximally indicated doses unless contraindicated or clinically significant adverse effects are experienced;
      5. Dose does not exceed:
         a. Diabetic neuropathy: 300 mg per day;
         b. Postherpetic neuralgia, neuropathic pain associated with spinal cord injury: 600 mg per day.
Approval duration:
Medicaid - 12 months

B. Partial Onset Seizures (must meet all):
1. Diagnosis of partial onset seizures;
2. Prescribed by or in consultation with a neurologist;
3. Age ≥ 12 years;
4. Failure of gabapentin used as adjunctive therapy to other anticonvulsants unless contraindicated or clinically significant adverse effects are experienced; “Or”
   Failure of TWO anticonvulsants indicated for partial seizures (e.g., carbamazepine, phenytoin, valproic acid, oxcarbazepine, phenobarbital, lamotrigine, levetiracetam, topiramate, zonisamide, tiagabine, felbamate) unless contraindicated or clinically significant adverse effects are experienced;
5. Lyrica will be used as adjunctive therapy to other anticonvulsants;
6. Dose does not exceed 600 mg per day.

Approval duration:
Medicaid - 12 months

C. Fibromyalgia (must meet all):
1. Diagnosis of fibromyalgia;
2. Age ≥ 18 years;
3. Failure of a 30 day trial of gabapentin at ≥ 1800 mg/day unless contraindicated or clinically significant adverse effects are experienced;
4. Failure of a 30 day trial of ONE of the following drugs at up to maximally indicated doses unless contraindicated or clinically significant adverse effects are experienced:
   • duloxetine
   • cyclobenzaprine
   • a TCA (e.g., amitriptyline, nortriptyline, imipramine)
5. Dose does not exceed 450 mg per day.

Approval duration:
Medicaid - 12 months

D. Generalized Anxiety Disorder (off-label) (must meet all):
1. Diagnosis of generalized anxiety disorder;
2. Age ≥ 18 years;
3. Failure of TWO of the following alternatives unless contraindicated or clinically significant adverse effects are experienced: escitalopram, paroxetine, venlafaxine ER, duloxetine, or buspirone;
4. Dose does not exceed 600 mg/day.

Approval duration:
Medicaid - 12 months

E. Other diagnoses/indications
1. Refer to the off-label use policy for the relevant line of business if diagnosis is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized): CP.PMN.53 for Medicaid.

II. Continued Therapy
   A. All Indications in Section I (must meet all):
      1. Member meets one of the following (a or b):
         a. Currently receiving medication via Centene benefit or member has previously met initial approval criteria;
         b. Documentation supports that member is currently receiving Lyrica for partial onset seizures and has received this medication for at least 30 days;
      2. Member is responding positively to therapy;
      3. If request is for a dose increase, new dose does not exceed:
         a. Diabetic peripheral neuropathy: 300 mg/day;
         b. Postherpetic neuralgia, partial-onset seizures, generalized anxiety disorder, and neuropathic pain associated with spinal cord injury: 600 mg/day;
         c. Fibromyalgia: 450 mg/day.
      Approval duration:
      Medicaid - 12 months

   B. Other diagnoses/indications (must meet 1 or 2):
      1. Currently receiving medication via Centene benefit and documentation supports positive response to therapy.
         Approval duration: Duration of request or 12 months (whichever is less); or
      2. Refer to the off-label use policy for the relevant line of business if diagnosis is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized): CP.PMN.53 for Medicaid.

III. Diagnoses/Indications for which coverage is NOT authorized:
   A. Dental pain;
   B. Essential tremor;
   C. Social phobia;
   D. 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.

IV. Appendices/General Information
   Appendix A: Abbreviation/Acronym Key
   FDA: Food and Drug Administration
   SNRI: serotonin/norepinephrine reuptake inhibitor
   TCA: tricyclic antidepressant

   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.
<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Dosing Regimen</th>
<th>Dose Limit/Maximum Dose</th>
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<tbody>
<tr>
<td><strong>TCAs</strong></td>
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| Amitriptyline (Elavil®) | Diabetic Peripheral Neuropathy**  
25 mg to 100 mg PO QD  
Postherpetic Neuralgia**  
25 mg to 137.5 mg (median: 75 mg) PO QHS  
Fibromyalgia**  
10 mg to 50 mg PO QD  | 150 mg/day†             |
| Desipramine (Norpramin®) | Diabetic Peripheral Neuropathy**  
Initially 25 mg PO QHS, then titrate as tolerated to efficacy (usual range: 75 mg to 150 mg PO QHS)  
Postherpetic Neuralgia**  
10 to 25 mg PO QHS and titrate to pain relief as tolerated (in one study, mean dose was 167 mg/day)  | 200 mg/day†             |
| Imipramine (Tofranil®, Tofranil PM®) | Diabetic Peripheral Neuropathy**  
50 mg to 150 mg PO QHS  | 150 mg/day             |
| Nortriptyline (Pamelor®) | Diabetic Peripheral Neuropathy**  
50 mg to 75 mg PO daily  
Postherpetic Neuralgia**  
75 mg to 150 mg PO daily  | 150 mg/day             |
| **Serotonin/Norepinephrine Reuptake Inhibitors** |                                                                                                                                             |                        |
| Duloxetine (Cymbalta®) | Diabetic Peripheral Neuropathy**  
60 mg PO QD  
Fibromyalgia  
30 to 60 mg PO QD  | 60 mg/day             |
| Venlafaxine (extended-release) (Effexor XR®) | Diabetic Peripheral Neuropathy**  
75 mg to 225 mg PO QD  
Fibromyalgia**  
37.5 to 150 mg PO QD  | 225 mg/day             |
| **Miscellaneous**     |                                                                                                                                             |                        |
| Gabapentin (immediate-release: Neurontin®, extended-release:) | Diabetic Peripheral Neuropathy**  
Immediate-release: 300 mg PO TID titrated based on clinical response  
Fibromyalgia**  | Immediate release: 3600 mg/day† |
<table>
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<tr>
<th>Drug Name</th>
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<tr>
<td>Horizant®, Gralise®</td>
<td>300 mg PO QHS then increased to target dosage of 2400 mg/day</td>
<td>Gralise: 1800 mg/day‡</td>
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<tr>
<td></td>
<td><strong>Postherpetic Neuralgia</strong></td>
<td>Horizant: 1200 mg/day‡</td>
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<td><em>Immediate-release</em>: 300 mg PO QD on day 1, 300 mg PO BID on day 2, 300 mg PO TID on day 3, then titrate as needed to 1800 mg/day</td>
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<td><em>Extended-release (Gralise)</em>: 300 mg PO on day 1, 600 mg on day 2, 900 mg on days 3-6, 1200 mg on days 7-10, 1500 mg on days 11-14, and 1800 mg on day 15 and thereafter</td>
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<tr>
<td></td>
<td><em>Extended-release (Horizant)</em>: 600 mg/day PO for 3 days, 600 mg PO BID on day 4 and thereafter</td>
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<td></td>
<td><strong>Partial Seizures</strong></td>
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<td></td>
<td><em>Immediate-release</em>:</td>
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<tr>
<td></td>
<td>Adults: initially 300 mg PO TID; effective range 900-1800 mg/day but up to 2400 mg/day has been used long term</td>
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<td></td>
<td>Children 3-12 years: 10-15 mg/kg/day PO in 3 divided doses; effective dose 25-35 mg/kg/day if &gt; 5 years and 40 mg/kg/day if 3-4 years</td>
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<tr>
<td>Cyclobenzaprine (Flexeril®)</td>
<td>10 mg to 20 mg PO QHS</td>
<td>20 mg/day</td>
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<td><strong>Fibromyalgia</strong></td>
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<td></td>
<td><strong>Anticonvulsants</strong></td>
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<tr>
<td>Carbamazepine (Carbatrol®, Epitol®, Equetro®, Tegretol®, Tegretol XR®)</td>
<td>Refer to prescribing information</td>
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<tr>
<td>Felbamate (Felbatol®)</td>
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<tr>
<td>Lamotrigine (Lamictal®, Lamictal CD®, Lamictal ODT®, Lamictal XR®)</td>
<td>Refer to prescribing information</td>
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<tr>
<td>Levetiracetam (Elepsia XR®, Keppra®, Keppra XR®, Rowveepra®, Spritam®)</td>
<td>Refer to prescribing information</td>
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<tr>
<td>Drug Name</td>
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<tr>
<td>Oxcarbazepine (Oxtellar XR®, Trileptal®)</td>
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<td>Phenobarbital (Luminal®)</td>
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<td>Phenytoin (Dilantin®, Phenytek®)</td>
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<td>Tiagabine (Gabitril®)</td>
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<tr>
<td>Topiramate (Qudexy XR®, Topamax®, Topamax Sprinkle®, Topiragen®, Trokendi XR®)</td>
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<tr>
<td>Valproic acid (divalproex sodium, Depakote Sprinkle®, Depakote ER®, Depakote®, Depakene®)</td>
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<tr>
<td>Zonisamide (Zonegran®)</td>
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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.  
*Agents not included in this list may not have evidence supporting their use in the indications covered by this policy  
**Off-label use  
†Maximum dose for drug, not necessarily indication  

Appendix C: General Information
- Class IIb recommendation in Micromedex for Generalized Anxiety Disorder is supported by 5 randomized, double blind, placebo controlled studies. It is also considered a second line agent by the Canadian Psychiatric Association.

V. Dosage and Administration
Lyrica should be administered orally starting at 150 mg/day. It should be titrated up to 300 mg/day within 1 week for all indications except partial onset seizures.
### Indication | Dosing Regimen | Maximum Dose |
--- | --- | --- |
Diabetic peripheral neuropathy | 3 divided doses per day | 300 mg/day |
Postherpetic neuralgia | 2 or 3 divided doses per day | 600 mg/day |
Partial onset seizures | 2 or 3 divided doses per day | 600 mg/day |
Fibromyalgia | 2 divided doses per day | 450 mg/day |
Neuropathic pain associated with spinal cord injury | 2 divided doses per day | 600 mg/day |
Generalized anxiety disorder | Initially, 75 mg PO twice daily. If tolerated after 1 week, the dose may be increased to 150 mg PO twice daily. Thereafter, the dose may be adjusted according to response and tolerability. Data from clinical trials indicate an effective dose range is 150 to 300 mg PO twice daily. | 600 mg/day |

### VI. Product Availability
- Capsules: 25 mg, 50 mg, 75 mg, 100 mg, 150 mg, 200 mg, 225 mg, and 300 mg
- Oral solution: 20 mg/mL

### VII. References


<table>
<thead>
<tr>
<th>Reviews, Revisions, and Approvals</th>
<th>Date</th>
<th>P&amp;T Approval Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Updated criteria for Diabetic Neuropathy: removed SSRIs, topiramate and valproic acid as appropriate treatment failures</td>
<td>12.13</td>
<td>12.13</td>
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<tr>
<td>Updated age to be inclusive of 18 rather than greater. Clarified trial and failure for partial onset seizures.</td>
<td>05.15</td>
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<tr>
<td>Clarified that Lyrica should be used as an adjunctive therapy to other anticonvulsants Added that dose for each indication should be within FDA approved limit for the relevant indication.</td>
<td>08.15</td>
<td>08.15</td>
</tr>
<tr>
<td>Specified the maximum dose approvable for each diagnosis, Modified criteria for neuropathic and spinal cord injury pain to require the use of an SNRI and TCA for at least 30 days each; removed trial of opioid and tramadol from acceptable trials as these are second line agents and to avoid promoting opioid use; Modified criteria for diabetic neuropathy by removing the pain score requirement and removing capsaicin, opioid, tramadol and anticonvulsants from the list of acceptable trials to include only highly recommended first line agents. Criteria now requires the concurrent use of a TCA or an SNRI with gabapentin for at least 30 days; Modified criteria for post herpetic neuralgia by removing pain score requirement, requirement that pain must be present for &gt; 3 months following the healing of zoster rash as these are subjective measures. Opioid, tramadol and capsaicin cream were also removed from list of acceptable trials to enforce the use of the most</td>
<td>10.15</td>
<td>11.15</td>
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</table>
**Clinical Policy**

**Pregabalin**

<table>
<thead>
<tr>
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<tr>
<td>recommended first line agents. Criteria now requires the use of TCA for at least 30 days;</td>
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<tr>
<td>Modified criteria for partial onset seizure to allow use in patient ≥ 12 years old as this use is supported by the literature, though not FDA approved; requirement that gabapentin must be used for up to 3 months was modified to only require trial and failure of gabapentin;</td>
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<tr>
<td>Modified criteria for fibromyalgia by removing pain score requirements and the requirement for Savella trial was replaced with duloxetine because duloxetine is generic, can be obtained without a PA and is an SNRI FDA approved for fibromyalgia, similar to Savella; References updated</td>
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</table>
| Converted to new integrated template. Removed age restrictions for neuropathic pain, postherpetic neuralgia, and fibromyalgia as they are not absolute contraindications per FDA labeling; however, the age restriction for partial onset seizures is maintained since FDA labeling specifically indicates this use of Lyrica is for adults (note that Centene policy allows coverage of members ≥ 12 years as supported by literature). For all indications except partial onset seizures, added 30 day trial duration of gabapentin consistent with other required trial durations. Updated verbiage (including requirement for drug trials to be at maximum indicated doses) and references.  
-Neuropathic pain not associated with diabetic neuropathy: Combined general neuropathic pain with neuropathic pain related to spinal cord injury as approval criteria are the same.  
-Neuropathic pain associated with diabetic neuropathy: Removed requirement for T/F of concurrent gabapentin and SNRI/TCA as there is limited evidence to support.  
-Partial onset seizures: Modified T/F requirement to include additional PDL anticonvulsants with demonstrated efficacy in partial seizures per guidelines. Trial duration and maximum indicated dosing is not required as anticonvulsant dosing is individualized based on patient response and patient concomitant therapy.  
-Fibromyalgia: Added 30 day trial duration of cyclobenzaprine, fluoxetine, or TCA consistent with other required trial durations. | 09.16 | 11.16             |
| Diagnosis of Fibromyalgia – line #4 – removed fluoxetine as an accepted trial due to lack of sufficient evidence that it works | 12.16 | 02.17             |
| Modified trial/failure verbiage and removed age restriction for partial seizures (Lyrica is not proven unsafe or ineffective in pediatric patients) per updated template | 03.17 | 05.17             |
### Reviews, Revisions, and Approvals

<table>
<thead>
<tr>
<th>Date</th>
<th>P&amp;T Approval Date</th>
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<tr>
<td>01.25.18</td>
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Separated continued approval criterion II.A.1 into 2 sub-criteria (II.A.1.a and II.A.1.b) to delineate between continuity of care criteria for partial seizure indication and regular criteria for all other covered indications

2Q 2018 annual review: policies combined for commercial, HIM, and Medicaid lines of business; added age requirement; Commercial: diabetic neuropathy and neuropathic pain associated with spinal cord injury: added criteria requiring failure of gabapentin, TCA, and SNRI; Fibromyalgia: added requirements for failure of gabapentin, duloxetine, and cyclobenzaprine or TCA; Postherpetic neuralgia: specified duration and strength of gabapentin trial; added criteria requiring failure of TCA and SNRI; Seizures: added specialist requirement; added criteria pertaining to failure of gabapentin used as adjunctive therapy, and failure of 2 anticonvulsants indicated for partial seizures; re-auth: added language to allow continuation of therapy for members currently receiving Lyrica for partial onset seizures; HIM: fibromyalgia: removed “with symptoms present for at least 3 month” from the diagnosis since this is a subjective; Medicaid: for all indications: extended initial approval duration from 6 to 12 months; Neuropathic pain (not associated with DPN): modified diagnosis to specify neuropathic pain associated with spinal cord injury; HIM/Medicaid: Combined diabetic neuropathy, neuropathic pain associated with spinal cord injury, and postherpetic neuralgia into one criteria set; fibromyalgia: removed requirement that one of the trials must have occurred within the past 90 days, unless contraindicated or intolerant; added off-label indication: generalized anxiety disorder; added dental pain, essential tremor, and social phobia as indications for which coverage is not authorized; references reviewed and updated.

Converted Corporate policy, CP.PMN.33, to Louisiana specific policy, LA.PMN.33 to meet State contract Amendment that criteria should not require a trial of more than “two” drugs for approval.

### 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.
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 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.

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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.

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