

**Clinical Policy: Gabapentin ER (Gralise, Horizant)**

Reference Number: CP.PMN.240

Effective Date: 09.01.20

Last Review Date: 11.22

Line of Business: Commercial, HIM, Medicaid

[Revision Log](#)

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

**Description**

Gabapentin (Gralise<sup>®</sup>) is an analog of gamma-aminobutyric acid (GABA) that has GABA agonist activity.

Gabapentin enacarbil ER (Horizant<sup>®</sup>) is a prodrug of gabapentin.

**FDA Approved Indication(s)**

Gralise and Horizant are indicated for the management of postherpetic neuralgia (PHN).

Horizant is also indicated for the treatment of moderate-to-severe primary restless legs syndrome (RLS) in adults.

Limitation(s) of use:

- Horizant is not recommended for patients who are required to sleep during the daytime and remain awake at night.
- Gralise and Horizant are not interchangeable with other gabapentin products because of differing pharmacokinetic profiles that affect the frequency of administration.

**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<sup>®</sup> that Gralise and Horizant are **medically necessary** when the following criteria are met:

**I. Initial Approval Criteria****A. Postherpetic Neuralgia** (must meet all):

1. Diagnosis of PHN;
2. Age  $\geq$  18 years;
3. Failure of a  $\geq$  30 day trial of immediate-release gabapentin at  $\geq$  1,800 mg per day, unless contraindicated to its excipients or clinically significant adverse effects are experienced;
4. Failure of generic pregabalin immediate-release and controlled-release, each used for  $\geq$  30-days and at up to maximally indicated doses, unless clinically significant adverse effects are experienced or both are contraindicated;

5. Failure of a  $\geq 30$ -day trial of a tricyclic antidepressant (TCA) (e.g., amitriptyline, nortriptyline, imipramine) at up to maximally indicated doses, unless clinically significant adverse effects are experienced, member's age is  $\geq 65$ , or all are contraindicated;
6. Dose does not exceed (a or b):
  - a. Gralise: 1,800 mg (3 tablets) per day;
  - b. Horizant: 1,200 mg (2 tablets) per day.

**Approval duration:**

**Medicaid/HIM** – 12 months

**Commercial** – 12 months or duration of request, whichever is less

**B. Restless Leg Syndrome (must meet all):**

1. Diagnosis of RLS;
2. Request is for Horizant;
3. Age  $\geq 18$  years;
4. Failure of gabapentin immediate release and generic pregabalin at up to maximally indicated doses, each used for  $\geq 30$  days, unless both are contraindicated or clinically significant adverse effects are experienced;
5. Dose does not exceed 600 mg (1 tablet) per day.

**Approval duration:**

**Medicaid/HIM** – 12 months

**Commercial** – 12 months or duration of request, whichever is less

**C. Other diagnoses/indications (must meet 1 or 2):**

1. If this drug has recently (within the last 6 months) undergone a label change (e.g., newly approved indication, age expansion, new dosing regimen) that is not yet reflected in this policy, refer to one of the following policies (a or b):
  - a. For drugs on the formulary (commercial, health insurance marketplace) or PDL (Medicaid), the no coverage criteria policy for the relevant line of business: CP.CPA.190 for commercial, HIM.PA.33 for health insurance marketplace, and CP.PMN.255 for Medicaid; or
  - b. For drugs NOT on the formulary (commercial, health insurance marketplace) or PDL (Medicaid), the non-formulary policy for the relevant line of business: CP.CPA.190 for commercial, HIM.PA.103 for health insurance marketplace, and CP.PMN.16 for Medicaid; or
2. If the requested use (e.g., diagnosis, age, dosing regimen) is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized) AND criterion 1 above does not apply, refer to the off-label use policy for the relevant line of business: CP.CPA.09 for commercial, HIM.PA.154 for health insurance marketplace, and 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. Member is currently receiving medication and is enrolled in a state and product with continuity of care regulations (*refer to state specific addendums for CC.PHARM.03A and CC.PHARM.03B*);
2. Member is responding positively to therapy;
3. If request is for a dose increase, new dose does not exceed (a or b):
  - a. PHN: 1,800 mg (3 tablets) per day (Gralise) or 1,200 mg (2 tablets) per day (Horizant);
  - b. RLS: 600 mg (1 tablet) per day (Horizant).

**Approval duration:**

**Medicaid/HIM** – 12 months

**Commercial** – 12 months or duration of request, whichever is less

**B. Other diagnoses/indications (must meet 1 or 2):**

1. If this drug has recently (within the last 6 months) undergone a label change (e.g., newly approved indication, age expansion, new dosing regimen) that is not yet reflected in this policy, refer to one of the following policies (a or b):
  - a. For drugs on the formulary (commercial, health insurance marketplace) or PDL (Medicaid), the no coverage criteria policy for the relevant line of business: CP.CPA.190 for commercial, HIM.PA.33 for health insurance marketplace, and CP.PMN.255 for Medicaid; or
  - b. For drugs NOT on the formulary (commercial, health insurance marketplace) or PDL (Medicaid), the non-formulary policy for the relevant line of business: CP.CPA.190 for commercial, HIM.PA.103 for health insurance marketplace, and CP.PMN.16 for Medicaid; or
2. If the requested use (e.g., diagnosis, age, dosing regimen) is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized) AND criterion 1 above does not apply, refer to the off-label use policy for the relevant line of business: CP.CPA.09 for commercial, HIM.PA.154 for health insurance marketplace, and CP.PMN.53 for Medicaid.

**III. 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 policies – CP.CPA.09 for commercial, HIM.PA.154 for health insurance marketplace, and CP.PMN.53 for Medicaid or evidence of coverage documents.

**IV. Appendices/General Information**

*Appendix A: Abbreviation/Acronym Key*

FDA: Food and Drug Administration

GABA: gamma-aminobutyric acid

PHN: post herpetic neuralgia

RLS: restless legs syndrome

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.*

Drug Name	Indication	Dosing Regimen	Dose Limit/ Maximum Dose
gabapentin (Neurontin <sup>®</sup> )	PHN	300 mg PO as a single dose on day 1, then 600 mg/day (300 mg PO BID) on day 2, and 900 mg/day (300 mg PO TID) on day 3. The dose can then be titrated up as needed for pain relief to a dose of 1,800 mg/day (600 mg PO TID).	3,600 mg/day
gabapentin (Neurontin <sup>®</sup> )	RLS	300 mg PO daily. The dose can be titrated up by 300 mg every week as needed up to 3,600 mg/day. Doses should be spaced at least 2 hours apart.	3,600 mg/day
Pregabalin (Lyrica <sup>®</sup> )	RLS	75 mg PO daily. The dose can be titrated up by 75 mg every week as needed up to 450 mg daily.	450 mg/day
Pregabalin (Lyrica <sup>®</sup> )	PHN	2 or 3 divided doses PO per day	600 mg/day
Pregabalin extended-release (Lyrica CR <sup>®</sup> )	PHN	165 mg PO QD. Dose may be increased to 330 mg PO QD within 1 week. After 2 to 4 weeks of treatment, dose may be increased to 660 mg PO QD in patients not experiencing adequate pain relief.	660 mg/day
amitriptyline (Elavil <sup>®</sup> )	PHN	25 to 150 mg PO QHS	150 mg/day
desipramine (Norpramin <sup>®</sup> )	PHN	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
nortriptyline (Pamelor <sup>®</sup> )	PHN	75 mg to 150 mg PO daily	150 mg/day

*Therapeutic alternatives are listed as Brand name<sup>®</sup> (generic) when the drug is available by brand name only and generic (Brand name<sup>®</sup>) when the drug is available by both brand and generic.*

*Appendix C: Contraindications/Boxed Warnings*

- Contraindication(s): hypersensitivity (Gralise)
- Boxed warning(s): none reported

**V. Dosage and Administration**

Drug Name	Indication	Dosing Regimen	Maximum Dose
Gabapentin ER (Gralise)	PHN	Gralise should be initiated and titrated as follows: Day 1: 300 mg PO	1,800 mg/day

Drug Name	Indication	Dosing Regimen	Maximum Dose
		Day 2: 600 mg PO Days 3 to 6: 900 mg PO QD Days 7 to 10: 1,200 mg PO QD Days 11 to 14: 1,500 mg PO QD Days $\geq$ 15: 1,800 mg PO QD	
Gabapentin enacarbil ER (Horizant)	PHN	600 mg PO QAM for 3 days, then increase to 600 mg PO BID beginning on day 4	1,200 mg/day
	RLS	600 mg PO QD at about 5 PM	600 mg/day

## VI. Product Availability

Drug Name	Availability
Gabapentin ER (Gralise)	ER tablets: 300 mg, 600 mg
Gabapentin enacarbil ER (Horizant)	ER tablets: 300 mg, 600 mg

## VII. References

1. Gralise Prescribing Information. Morristown, NJ: Almatica Pharma, Inc.; April 2020. Available at: <https://www.gralise.com/>. Accessed April 15, 2022.
2. Horizant Prescribing Information. Atlanta, GA; Arbor Pharmaceuticals, LLC; April 2020. Available at: <https://horizant.com/>. Accessed April 15, 2022.
3. Dubinsky RM, Kabbani H, El-Chami Z, Boutwell C, Ali H. Practice Parameter: Treatment of postherpetic neuralgia. An evidence-based report of the Quality Standards Subcommittee of the American Academy of Neurology. Neurology September 28, 2004 vol. 63 no. 6 959-965.
4. Clinical Pharmacology [database online]. Elsevier; 2022. Available at: <https://www.clinicalkey.com/pharmacology/>. Accessed April 15, 2022
5. Finnerup NB, Attal N, Haroutounian S, et al. Pharmacotherapy for neuropathic pain in adults: a systematic review and meta-analysis. Lancet Neurology February 2015; 14(2): 162-173.
6. Silber MH, Buchfuhrer MJ, Earley CJ, et al. The management of restless legs syndrome: an updated algorithm. Mayo Clinic July 2021; 96(7): 1921-1937. <https://doi.org/10.1016/j.mayocp.2020.12.026>.

Reviews, Revisions, and Approvals	Date	P&T Approval Date
Policy created: adapted from previously approved policy CP.CPA.38 (now retired); added HIM and Medicaid line of business; added Horizant to policy with new criteria set for RLS; added quantity associated with dosing limits; references reviewed and updated.	04.27.20	08.20
3Q 2021 annual review: no significant changes; updated reference for HIM off-label use to HIM.PA.154 (replaces HIM.PHAR.21); references reviewed and updated.	05.03.21	08.21
Revised approval duration for Commercial line of business from length of benefit to 12 months or duration of request, whichever is less	09.28.21	02.22

Reviews, Revisions, and Approvals	Date	P&T Approval Date
3Q 2022 annual review: updated RLS approval criteria – removed trial of ropinirole and pramipexole, added trial of gabapentin IR and generic pregabalin to align with RLS Foundation clinical guidelines, updated Appendix B: therapeutic alternative table to include.	04.22.22	08.22
Per August SDC and prior clinical guidance, added additional redirection requirements to generic pregabalin immediate and controlled-release and TCA. Template changes applied to other diagnoses/indications and continued therapy section.	08.23.22	11.22

### **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 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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