

PHARMACY POLICY STATEMENT

North Carolina Marketplace

DRUG NAME	Xyrem (sodium oxybate), Lumryz (sodium oxybate extended release) and Xywav (calcium, magnesium, potassium, and sodium oxybates)
BENEFIT TYPE	Pharmacy

- a) Once nightly dosing: Initiate dosage at 3 g or less per night orally, as one dose. Titrate to effect in increments of up to 1.5g per night per week, up to 6g total nightly dose.
- b) Twice nightly dosing: Initiate dosage at 4.5g or less per night orally, divided into two doses. Titrate to effect in increments of up to 1.5g per night per week, up to 9g total nightly dose.

5. Member has documentation of baseline Epworth Sleepiness Scale (ESS) and baseline frequency of cataplexy attacks (e.g. weekly rate); AND
6. Member has had a 30-day trial of one of the following: a tricyclic antidepressant (such as clomipramine), selective serotonin reuptake inhibitor (such as fluoxetine), serotonin-norepinephrine reuptake inhibitor (such as venlafaxine) or dextroamphetamine; AND
7. If member is 18 years of age and older: Member must have a 60-day trial an of Wakix; AND
8. Member is not using any alcohol or sedative hypnotic agents (such as zolpidem).
9. **Dosage allowed/Quantity limit:**
 - a) Xyrem and Xywav: 9g per day (4.5g per dose). QL: 540 mL/30 days
 - b) Lumryz: 6 g to 9 g once per night. QL: 30 packets/30 days

If all the above requirements are met, the medication will be approved for 6 months.

For **reauthorization**:

1. Chart notes must show improvement or stabilized signs and symptoms of dire8398 reW*nBT/F6 11.2

9. Barateau, L., & Dauvilliers, Y. (2019). Recent advances in treatment for narcolepsy. Therapeutic advances in neurological disorders.
10. Thorpy MJ, Bogan RK. Update on the pharmacologic management of narcolepsy: mechanisms of action and clinical implications. *Sleep Med.* 2020;68:97-109.
11. Maski K, Trotti LM, Kotagal S, et al. Treatment of central disorders of hypersomnolence: an American Academy of Sleep Medicine clinical practice guideline. *J Clin Sleep Med.* 2021;17(9):1881-1893. doi:10.5664/jcsm.9328
12. Maski K, Trotti LM, Kotagal S, et al. Treatment of central disorders of hypersomnolence: an American Academy of Sleep Medicine systematic review, meta-