BlueCross BlueShield
Federal Employee Program
Federal Employee Program®
1310 G Street, N.W.
Washington, D.C. 20005
202.942.1000
Fax 202.942.1125

5.60.46

Section:	Prescription Drugs	**Effective Date:**	April 1, 2021
Subsection:	Central Nervous System Drugs	**Original Policy Date:**	August 21, 2020
Subject:	Xywav	**Page:**	1 of 5

Last Review Date: March 12, 2021

Xywav

Description

Xywav (calcium, magnesium, potassium, and sodium oxybates) oral solution

Background
Xywav is a central nervous system (CNS) depressant. Xywav is a mixture of calcium oxybate, magnesium oxybate, potassium oxybate, and sodium oxybate (gamma-hydroxybutyrate). Gamma-hydroxybutyrate is an endogenous compound and metabolite of the neurotransmitter GABA. Xywav is thought to exert its therapeutic effects through $GABA_B$ actions during sleep at noradrenergic and dopaminergic neurons, as well as at thalmocortical neurons (1).

Regulatory Status
FDA labeled indication: Xywav is a central nervous system depressant indicated for the treatment of cataplexy or excessive daytime sleepiness (EDS) in patients 7 years of age and older with narcolepsy (1).

Xywav includes a boxed warning regarding central nervous system depression and misuse and abuse. Because of the risks of CNS depression, abuse, and misuse, Xywav is available only through a restricted distribution program called the Xywav and Xyrem REMS program, using a centralized pharmacy. Prescribers and patients must enroll in the program (1).

Xywav is contraindicated in patients with succinic semialdehyde dehydrogenase deficiency and in combination with sedative hypnotics or alcohol (1).

Safety and effectiveness of Xywav in pediatric patients less than 7 years of age have not been established (1).

Related policies
Amphetamines, Hetlioz, Methylphenidates, Orexin Antagonists, Provigil Nuvigil, Rozerem, Sedative Hypnotics, Xyrem

Policy

This policy statement applies to clinical review performed for pre-service (Prior Approval, Precertification, Advanced Benefit Determination, etc.) and/or post-service claims.

Xywav may be considered **medically necessary** in patients 7 years of age and older for the treatment of cataplexy or excessive daytime sleepiness in narcolepsy and if the conditions indicated below are met.

Xywav is considered **investigational** for patients less than 7 years of age and for all other indications.

Prior-Approval Requirements

Age 7 years of age or older

Diagnoses

Patient must have **ONE** of the following:

1. Cataplexy in narcolepsy
2. Excessive daytime sleepiness (EDS) in narcolepsy

AND ALL of the following:

1. Patient and prescriber are both enrolled in the Xywav REMS Program
2. Prescriber will monitor for signs of misuse, abuse and addiction during therapy

AND NONE of the following:

1. Succinic semialdehyde dehyrogenase deficiency
2. Concurrent therapy with a Prior Authorization (PA) sleep aid (see Appendix 1) or with another oxybate product (see Appendix 2)

Prior – Approval *Renewal* Requirements

Age 7 years of age or older

Diagnoses

Patient must have **ONE** of the following:

1. Cataplexy in narcolepsy
2. Excessive daytime sleepiness (EDS) in narcolepsy

AND ALL of the following:

1. Prescriber will continue to monitor for signs of misuse, abuse and addiction during therapy
2. **NO** concurrent therapy with another Prior Authorization (PA) sleep aid (see Appendix 1) or with another oxybate product (see Appendix 2)

Policy Guidelines

Pre - PA Allowance

None

Prior - Approval Limits

Quantity 810 grams (1620 ml) per 90 days

Duration 6 months

Prior – Approval *Renewal* Limits

Quantity 810 grams (1620 ml) per 90 days

Duration 12 months

Rationale

Summary

Xywav is a central nervous system (CNS) depressant. Xywav is a mixture of calcium oxybate, magnesium oxybate, potassium oxybate, and sodium oxybate (gamma-hydroxybutyrate).

Gamma-hydroxybutyrate is an endogenous compound and metabolite of the neurotransmitter GABA. Xywav is thought to exert its therapeutic effects through $GABA_B$ actions during sleep at noradrenergic and dopaminergic neurons, as well as at thalmocortical neurons. Safety and effectiveness of Xywav in pediatric patients less than 7 years of age have not been established (1).

Prior approval is required to ensure the safe, clinically appropriate and cost-effective use of Xywav while maintaining optimal therapeutic outcomes.

References

1. Xywav [package insert]. Palo Alto, CA: Jazz Pharmaceuticals, Inc.; October 2020.

Policy History

Date	Action
August 2020	Addition to PA
September 2020	Annual review
March 2021	Annual editorial review and reference update

Keywords

This policy was approved by the FEP® Pharmacy and Medical Policy Committee on March 12, 2021 and is effective on April 1, 2021.

Appendix 1 - List of PA Sleep Aids

Generic Name	Brand Name
estazolam	Prosom
eszopiclone	Lunesta
flurazepam	Dalmane
lemborexant	Dayvigo
ramelteon	Rozerem
tasimelteon	Hetlioz
suvorexant	Belsomra
temazepam	Restoril
triazolam	Halcion
zaleplon	Sonata
zolpidem	Ambien
zolpidem extended-release	Ambien CR
zolpidem oral spray	Zolpimist
zolpidem sublingual	Edluar
zolpidem sublingual	Intermezzo

Appendix 2 - List of Oxybate Products

Generic Name	Brand Name
sodium oxybate	Xyrem
calcium, magnesium, potassium, sodium oxybates	Xywav