Clinical Policy: Doxepin (Silenor, Prudoxin, Zonalon)
Reference Number: HIM.PA.147
Effective Date: 11.17.17
Last Review Date: 11.19
Line of Business: HIM

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

Description
Doxepin (Silenor®, Prudoxin™, Zonalon®) is a tricyclic antidepressant.

FDA Approved Indication(s)
Silenor is indicated for treatment of insomnia characterized by difficulties with sleep maintenance.

Prudoxin and Zonalon are indicated for the short-term (up to 8 days) management of moderate pruritus in adult patients with atopic dermatitis or lichen simplex chronicus.

Policy/Criteria
Provider must submit documentation (including 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 Silenor, Prudoxin, and Zonalon are medically necessary when the following criteria are met:

I. Initial Approval Criteria
   A. Insomnia (must meet all):
      1. Diagnosis of insomnia;
      2. Request is for Silenor;
      3. Age ≥ 18 years;
      4. Failure of two preferred or formulary agents indicated for insomnia (see Appendix B for examples) at maximally indicated doses, unless contraindicated or clinically significant adverse effects are experienced;
      5. Dose does not exceed 6 mg (1 tablet) per day.

   Approval duration: 6 months

   B. Pruritus (must meet all):
      1. Diagnosis of pruritus associated with conditions such as atopic dermatitis (eczema) or lichen simplex chronicus*;
      2. Request is for Prudoxin or Zonalon;
      3. Age ≥ 18 years;
      4. Failure of ≥ 2 topical therapies (see Appendix B for examples) in the last 6 months, unless contraindicated or clinically significant adverse effects are experienced (if appropriate, at least one trial should include a topical corticosteroid);
      5. Dose does not exceed topical application up to four times daily.
Approval duration: 6 months (1 tube)

*Lichen simplex chronicus is a secondary skin condition resulting from excessive scratching associated with a variety of conditions including atopic dermatitis. Complaints of intense pruritus are common.

C. 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): HIM.PHAR.21 for health insurance marketplace.

II. Continued Therapy
A. Insomnia (must meet all):
1. Currently receiving medication via Centene benefit or member has previously met initial approval criteria;
2. Member is responding positively to therapy;
3. If request is for a dose increase, new dose does not exceed 6 mg (1 tablet) per day.
   Approval duration: 12 months

B. Pruritus (must meet all):
1. Currently receiving medication via Centene benefit or member has previously met initial approval criteria;
2. Member is responding positively to therapy;
3. Member has not received topical doxepin in the last 180 days;
4. If request is for a dose increase, new dose does not exceed topical application up to four times daily.
   Approval duration: 6 months (1 tube)

C. Other diagnoses/indications (must meet 1 or 2):
1. Currently receiving medication via health plan 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): HIM.PHAR.21 for health insurance marketplace.

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 – HIM.PHAR.21 for health insurance marketplace or evidence of coverage documents.

IV. 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.

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Dosing Regimen</th>
<th>Dose Limit/Maximum Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Insomnia</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>estazolam</td>
<td>1 mg PO HS PRN</td>
<td>2 mg/day</td>
</tr>
<tr>
<td>eszopiclone (Lunesta®)</td>
<td>Adults: 1 mg – 3 mg PO HS PRN Elderly: 1 mg - 2 mg PO HS PRN</td>
<td>Adults: 3 mg/day Elderly: 2 mg/day</td>
</tr>
<tr>
<td>Rozerem® (ramelteon)</td>
<td>Adults: 8 mg PO HS PRN</td>
<td>8 mg/day</td>
</tr>
<tr>
<td>temazepam (Restoril®)</td>
<td>Adults: 15 – 30 mg PO HS PRN Elderly: 7.5 – 15 mg PO HS PRN</td>
<td>30 mg/day</td>
</tr>
<tr>
<td>triazolam (Halcion®)</td>
<td>0.25 mg PO HS PRN</td>
<td>0.5 mg/day</td>
</tr>
<tr>
<td>zaleplon (Sonata®)</td>
<td>10 mg PO HS PRN</td>
<td>20 mg/day</td>
</tr>
<tr>
<td>zolpidem CR (Ambien CR®)</td>
<td>Adults: 6.25-12.5 mg PO HS PRN Elderly: 6.25 mg PO HS PRN</td>
<td>12.5 mg/day</td>
</tr>
<tr>
<td>zolpidem IR (Ambien®)</td>
<td>5 mg PO HS PRN</td>
<td>10 mg/day</td>
</tr>
<tr>
<td><strong>Pruritis</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>clobetasol propionate, 0.05%</td>
<td>Topical application up to two times daily</td>
<td>Varies</td>
</tr>
<tr>
<td>desonide, 0.05%</td>
<td>Topical application up to two to four times daily depending on formulation</td>
<td></td>
</tr>
<tr>
<td>halcinonide, 0.1% (Halog®)</td>
<td>Topical application up to three times daily</td>
<td></td>
</tr>
<tr>
<td>OTC topical diphenhydramine 1-2% (e.g., Anti-Itch® Maximum Strength, Anti-Itch®, Benadryl® Itch Stopping, Itch Relief®)</td>
<td>Topical application up to four times daily</td>
<td></td>
</tr>
</tbody>
</table>

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
- **Contraindication(s):**
  - Individuals who have shown hypersensitivity to doxepin HCl, any of its inactive ingredients, or other dibenzoxepines
  - Concomitant use with monoamine oxidase inhibitors (MAOIs) (Silenor only)
  - Patients with untreated narrow angle glaucoma or severe urinary retention
- **Boxed warning(s):** none reported

V. Dosage and Administration

<table>
<thead>
<tr>
<th>Drug Name (Silenor)</th>
<th>Indication</th>
<th>Dosing Regimen</th>
<th>Maximum Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doxepin (Silenor)</td>
<td>Insomnia</td>
<td>Adults: 6 mg PO HS PRN Elderly: 3 mg PO HS PRN</td>
<td>6 mg/day</td>
</tr>
</tbody>
</table>
**Drug Name** | **Indication** | **Dosing Regimen** | **Maximum Dose**
---|---|---|---
Doxepin (Prudoxin, Zonalon) | Moderate pruritus | Apply to the affected area(s) topically 4 times daily allowing at least 3 to 4 hours between applications, for up to 8 days | For up to 8 days

### VI. Product Availability

<table>
<thead>
<tr>
<th><strong>Drug Name</strong></th>
<th><strong>Product Availability</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Doxepin (Silenor)</td>
<td>Tablets: 3 mg, 6 mg</td>
</tr>
<tr>
<td>Doxepin (Prudoxin)</td>
<td>Cream, 5%: 45 g</td>
</tr>
<tr>
<td>Doxepin (Zonalon)</td>
<td>Cream, 5%: 30 g, 45 g</td>
</tr>
</tbody>
</table>

### VII. References


<table>
<thead>
<tr>
<th><strong>Reviews, Revisions, and Approvals</strong></th>
<th><strong>Date</strong></th>
<th><strong>P&amp;T Approval Date</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Policy created.</td>
<td></td>
<td>02.18</td>
</tr>
<tr>
<td>1Q 2019 annual review: no significant changes; references reviewed and updated.</td>
<td>12.07.18</td>
<td>02.19</td>
</tr>
<tr>
<td>4Q 2019 annual review: added Silenor and criteria for insomnia; references reviewed and updated.</td>
<td>08.27.19</td>
<td>11.19</td>
</tr>
</tbody>
</table>

**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...
CLINICAL POLICY
Doxepin

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.

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