



## PRIOR AUTHORIZATION POLICY

**POLICY:** Nuedexta Prior Authorization Policy

- Nuedexta® (dextromethorphan hydrobromide and quinidine sulfate capsules – Avanir)

**REVIEW DATE:** 09/17/2025

### INSTRUCTIONS FOR USE

THE FOLLOWING COVERAGE POLICY APPLIES TO HEALTH BENEFIT PLANS ADMINISTERED BY CIGNA COMPANIES. CERTAIN CIGNA COMPANIES AND/OR LINES OF BUSINESS ONLY PROVIDE UTILIZATION REVIEW SERVICES TO CLIENTS AND DO NOT MAKE COVERAGE DETERMINATIONS. REFERENCES TO STANDARD BENEFIT PLAN LANGUAGE AND COVERAGE DETERMINATIONS DO NOT APPLY TO THOSE CLIENTS. COVERAGE POLICIES ARE INTENDED TO PROVIDE GUIDANCE IN INTERPRETING CERTAIN STANDARD BENEFIT PLANS ADMINISTERED BY CIGNA COMPANIES. PLEASE NOTE, THE TERMS OF A CUSTOMER'S PARTICULAR BENEFIT PLAN DOCUMENT [GROUP SERVICE AGREEMENT, EVIDENCE OF COVERAGE, CERTIFICATE OF COVERAGE, SUMMARY PLAN DESCRIPTION (SPD) OR SIMILAR PLAN DOCUMENT] MAY DIFFER SIGNIFICANTLY FROM THE STANDARD BENEFIT PLANS UPON WHICH THESE COVERAGE POLICIES ARE BASED. FOR EXAMPLE, A CUSTOMER'S BENEFIT PLAN DOCUMENT MAY CONTAIN A SPECIFIC EXCLUSION RELATED TO A TOPIC ADDRESSED IN A COVERAGE POLICY. IN THE EVENT OF A CONFLICT, A CUSTOMER'S BENEFIT PLAN DOCUMENT ALWAYS SUPERSEDES THE INFORMATION IN THE COVERAGE POLICIES. IN THE ABSENCE OF A CONTROLLING FEDERAL OR STATE COVERAGE MANDATE, BENEFITS ARE ULTIMATELY DETERMINED BY THE TERMS OF THE APPLICABLE BENEFIT PLAN DOCUMENT. COVERAGE DETERMINATIONS IN EACH SPECIFIC INSTANCE REQUIRE CONSIDERATION OF 1) THE TERMS OF THE APPLICABLE BENEFIT PLAN DOCUMENT IN EFFECT ON THE DATE OF SERVICE; 2) ANY APPLICABLE LAWS/REGULATIONS; 3) ANY RELEVANT COLLATERAL SOURCE MATERIALS INCLUDING COVERAGE POLICIES AND; 4) THE SPECIFIC FACTS OF THE PARTICULAR SITUATION. EACH COVERAGE REQUEST SHOULD BE REVIEWED ON ITS OWN MERITS. MEDICAL DIRECTORS ARE EXPECTED TO EXERCISE CLINICAL JUDGMENT WHERE APPROPRIATE AND HAVE DISCRETION IN MAKING INDIVIDUAL COVERAGE DETERMINATIONS. WHERE COVERAGE FOR CARE OR SERVICES DOES NOT DEPEND ON SPECIFIC CIRCUMSTANCES, REIMBURSEMENT WILL ONLY BE PROVIDED IF A REQUESTED SERVICE(S) IS SUBMITTED IN ACCORDANCE WITH THE RELEVANT CRITERIA OUTLINED IN THE APPLICABLE COVERAGE POLICY, INCLUDING COVERED DIAGNOSIS AND/OR PROCEDURE CODE(S). REIMBURSEMENT IS NOT ALLOWED FOR SERVICES WHEN BILLED FOR CONDITIONS OR DIAGNOSES THAT ARE NOT COVERED UNDER THIS COVERAGE POLICY (SEE "CODING INFORMATION" BELOW). WHEN BILLING, PROVIDERS MUST USE THE MOST APPROPRIATE CODES AS OF THE EFFECTIVE DATE OF THE SUBMISSION. CLAIMS SUBMITTED FOR SERVICES THAT ARE NOT ACCOMPANIED BY COVERED CODE(S) UNDER THE APPLICABLE COVERAGE POLICY WILL BE DENIED AS NOT COVERED. COVERAGE POLICIES RELATE EXCLUSIVELY TO THE ADMINISTRATION OF HEALTH BENEFIT PLANS. COVERAGE POLICIES ARE NOT RECOMMENDATIONS FOR TREATMENT AND SHOULD NEVER BE USED AS TREATMENT GUIDELINES. IN CERTAIN MARKETS, DELEGATED VENDOR GUIDELINES MAY BE USED TO SUPPORT MEDICAL NECESSITY AND OTHER COVERAGE DETERMINATIONS.

### CIGNA NATIONAL FORMULARY COVERAGE:

#### OVERVIEW

Nuedexta, a combination product containing dextromethorphan hydrobromide (DM) and quinidine sulfate, is indicated for the **treatment of pseudobulbar affect**.<sup>1</sup>

The need for continued treatment should be reassessed periodically, as spontaneous improvement of pseudobulbar affect occurs in some patients.<sup>1</sup>

#### Disease Overview

Pseudobulbar affect is a neurologic condition characterized by involuntary outbursts of laughing and/or crying incongruous or disproportionate to the patients' emotional state.<sup>2,7</sup> There are many terms that have been used to describe this condition, including pathological laughing and crying, affective lability, emotional incontinence, emotionalism, and involuntary emotional expression disorder.<sup>7</sup> Pseudobulbar affect, hypothesized to arise from disconnection of brainstem structures from

cortical inhibition, is associated with underlying central nervous system disorders including stroke, traumatic brain injury, Alzheimer's disease, amyotrophic lateral sclerosis (ALS), and multiple sclerosis (MS).<sup>2</sup> In addition to the effects of the underlying disorder, pseudobulbar affect can have a severe impact on well-being and social functioning and can be highly disabling, owing in part to the stigma attached to loss of emotional control. Episodes of laughing can also lead to respiratory compromise, especially in patients with a neurological disorder that already compromises respiratory function, such as ALS.<sup>7</sup> For these reasons, treatment should be strongly considered in any patient with pseudobulbar affect. The goal of therapy is to reduce the frequency of attacks.

### **Clinical Efficacy**

The efficacy of Nuedexta was established in one trial in patients with pseudobulbar affect with underlying ALS or MS.<sup>1,2</sup> Two additional trials conducted with higher doses (DM 30 mg/quinidine 30 mg) provided supportive evidence.<sup>3,4</sup> PRISM II, an open-label, 90-day, published study, evaluated Nuedexta in patients with pseudobulbar affect and a diagnosis of dementia, stroke, or traumatic brain injury (n = 367).<sup>8</sup> Nuedexta was shown to be an effective treatment for pseudobulbar affect secondary to dementia, stroke, or traumatic brain injury, showing similar improvement to that reported in patients with pseudobulbar affect secondary to ALS or MS.

### **Guidelines**

There are no guidelines specific to the management of pseudobulbar affect. However, the American Academy of Neurology (AAN) published an evidence-based guideline on the assessment and management of psychiatric disorders in individuals with MS (reaffirmed 2025).<sup>5</sup> The guideline found that Nuedexta is possibly effective and may be considered for treating individuals with MS with pseudobulbar affect (Level C, one Class II study). Also, prior to the approval of Nuedexta, the AAN published a practice parameter on the care of the patient with ALS (reaffirmed 2023).<sup>6</sup> With regard to pharmacologic measures to reduce pseudobulbar affect, the AAN concludes that the combination DM/quinidine product is probably effective for pseudobulbar affect in ALS based on one Class I study<sup>3</sup>, although side effects may limit its usefulness. Therefore, the AAN recommends that if approved by the FDA, and if side effects are acceptable, the combination DM/quinidine product should be considered for symptoms of pseudobulbar affect in patients with ALS (Level B). No other pharmacologic agents are addressed in the practice parameter for use in the management of pseudobulbar affect.

### **POLICY STATEMENT**

Prior Authorization is recommended for prescription benefit coverage of Nuedexta. Because of the specialized skills required for evaluation and diagnosis of patients treated with Nuedexta as well as the monitoring required for adverse events and long-term efficacy, approval requires Nuedexta to be prescribed by or in consultation with a physician who specializes in the condition being treated. All approvals are provided for the duration noted below.

- **Nuedexta® (dextromethorphan hydrobromide and quinidine sulfate capsules – Avanir)**

**is(are) covered as medically necessary when the following criteria is(are) met for FDA-approved indication(s) or other uses with supportive evidence (if applicable):**

#### **FDA-Approved Indication**

- 1. Treatment of Pseudobulbar Affect.** Approve for 1 year if the patient meets BOTH of the following (A and B):
  - A)** Patient has pseudobulbar affect associated with a chronic neurological condition; AND  
Note: Examples of chronic neurological conditions include amyotrophic lateral sclerosis, multiple sclerosis, stroke, dementia, traumatic brain injury.
  - B)** Nuedexta is prescribed by or in consultation with a neurologist.

#### **CONDITIONS NOT COVERED**

- **Nuedexta® (dextromethorphan hydrobromide and quinidine sulfate capsules – Avanir)**

**is(are) considered not medically necessary for ANY other use(s) including the following (this list may not be all inclusive; criteria will be updated as newly published data are available):**

- 1. Heroin Detoxification.** Limited published data are available in patients undergoing heroin detoxification.<sup>9</sup> The available study was conducted with the DM 30 mg/quinidine 30 mg formulation, using daily doses of DM 60 mg/quinidine 60 mg (dose cannot be achieved with Nuedexta capsules). There were no differences between DM/quinidine and placebo with regard to reducing opioid withdrawal symptoms.
- 2. Levodopa-Induced Dyskinesia in Parkinson's Disease.** A single pilot study demonstrated benefit with dextromethorphan/quinidine for treating levodopa-induced dyskinesia in Parkinson's disease.<sup>12</sup> Larger studies with a longer treatment duration are needed to define the place in therapy for Nuedexta in this condition.
- 3. Neuropathic Pain.** Limited published data are available in patients (n = 36) with diabetic peripheral neuropathic (DPN) pain (open-label tolerability study).<sup>10</sup> The available study was conducted with the DM 30 mg/quinidine 30 mg formulation, using daily doses up to DM 120 mg/quinidine 120 mg (dose cannot be achieved with Nuedexta capsules). Higher daily doses of DM and quinidine (60 mg/60 mg and 90 mg/60 mg [doses cannot be achieved with Nuedexta capsules]) have also been evaluated in patients with DPN pain (n = 379) in one Phase III, randomized, placebo-controlled 13-week study.<sup>7</sup> Both DM/quinidine

treatment groups had significant reductions in mean daily pain scores vs. placebo. More data are needed to define the place in therapy of Nuedexta in the treatment of neuropathic pain.

**4. Psychosis-Related Aggression.** A case series (n = 4) supports DM/quinidine as a potential alternative to conventional regimens for treating aggression and impulsive behavior in patients with psychotic disorder.<sup>11</sup> More data are needed to define the place in therapy of Nuedexta in the treatment of psychosis-related aggression.

**5. Treatment-Resistant Depression.** A Phase II, open-label, proof-of-concept study (n = 20) demonstrated preliminary efficacy for DM 45 mg/quinidine 10 mg every 12 hours. This dosing could not be achieved with Nuedexta capsules.<sup>13</sup> Additional data are needed to define the place in therapy for Nuedexta in the treatment of treatment-resistant depression.

## REFERENCES

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## HISTORY

| Type of Revision | Summary of Changes | Review Date |
|------------------|--------------------|-------------|
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|                 |                      |            |
|-----------------|----------------------|------------|
| Annual Revision | No criteria changes. | 09/13/2023 |
| Annual Revision | No criteria changes. | 09/18/2024 |
| Annual Revision | No criteria changes. | 09/17/2025 |

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