

Clinical Policy: L-glutamine (Endari)

Reference Number: CP.PMN.116

Effective Date: 08.22.17

Last Review Date: 02.22

Line of Business: Commercial, HIM, Medicaid

[Revision Log](#)

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

Description

L-glutamine (Endari[®]) is an amino acid.

FDA Approved Indication(s)

Endari is indicated to reduce the acute complications of sickle cell disease in adult and pediatric patients 5 years of age and older.

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[®] that Endari is **medically necessary** when the following criteria are met:

I. Initial Approval Criteria

A. Sickle Cell Disease (must meet all):

1. Diagnosis of sickle cell disease;
2. Age \geq 5 years;
3. Failure of hydroxyurea at up to maximally tolerated doses, unless contraindicated or clinically significant adverse effects are experienced;
4. Dose does not exceed 30 grams per day based on weight.

Approval duration:

Medicaid/HIM – 12 months

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

B. 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): CP.CPA.09 for commercial, HIM.PA.154 for health insurance marketplace, and CP.PMN.53 for Medicaid

II. Continued Therapy

A. Sickle Cell Disease (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;

- If request is for a dose increase, new dose does not exceed 30 grams per day based on weight.

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):

- Currently receiving medication via Centene benefit and documentation supports positive response to therapy.

Approval duration: Duration of request or 6 months (whichever is less); or

- 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): 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:

- 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

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	Dosing Regimen	Dose Limit/ Maximum Dose
hydroxyurea (Hydrea [®] , Droxia [®])	15 mg/kg PO QD	35 mg/kg/day

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

None reported

V. Dosage and Administration

Indication	Dosing Regimen	Maximum Dose
Sickle cell disease	<ul style="list-style-type: none"> Weight > 65 kg: 15 g (3 packets) PO BID Weight 30 to 65 kg: 10 g (2 packets) PO BID Weight < 30 kg: 5 g (1 packet) PO BID 	30 g/day (maximum dose based on weight)

VI. Product Availability

Oral powder: 5 g

VII. References

1. Endari Prescribing Information. Torrance, CA: Emmaus Medical Inc; October 2020. Available at: www.endarirx.com. Accessed July 30, 2021.
2. Droxia Prescribing Information. Princeton, NJ: Bristol-Myers Squibb Company; December 2019. Available at: https://packageinserts.bms.com/pi/pi_droxia.pdf. Accessed August 11, 2020.
3. Yawn BP, Buchanan GR, Afenyi-Annan AN, et al. Management of sickle cell disease: summary of the 2014 evidence-based report by expert panel members. JAMA 2014;312(10):1033-48.
4. U.S. Department of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute. The Management of Sickle Cell Disease (NIH Publication No. 02-2117). (2002). Retrieved from https://www.nhlbi.nih.gov/files/docs/guidelines/sc_mngt.pdf.
5. Brandow A, Carroll C, Creary S, et al. American Society of Hematology 2020 guidelines for sickle cell disease: management of acute and chronic pain. Blood Advances. 2020;4(12):2656-2701.

Reviews, Revisions, and Approvals	Date	P&T Approval Date
Policy created	08.22.17	11.17
No significant changes; per SDC, added Commercial line of business; added redirection to hydroxyurea.	04.12.18	
4Q 2018 annual review: no significant changes added continued therapy approval duration for commercial; references reviewed and updated.	08.14.18	11.18
4Q 2019 annual review: no significant changes; references reviewed and updated.	08.22.19	11.19
4Q 2020 annual review: added HIM line of business; references reviewed and updated.	08.15.20	11.20
4Q 2021 annual review: no significant changes; references for HIM line of business off-label use revised from HIM.PHAR.21 to HIM.PA.154; references reviewed and updated.	07.30.21	11.21
Revised approval duration for Commercial line of business from length of benefit to 12 months or duration of request, whichever is less	10.18.21	02.22

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.

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Note:

For Medicaid members, when state Medicaid coverage provisions conflict with the coverage provisions in this clinical policy, state Medicaid coverage provisions take precedence. Please refer to the state Medicaid manual for any coverage provisions pertaining to this clinical policy.

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