Effective Date **6/1/2023**
Next Review Date… **6/1/2024**
Coverage Policy Number **IP0134**

Triptorelin Pamoate

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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. 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.

Overview

This policy supports medical necessity review for triptorelin pamoate injectable suspension (**Triptodur™**).

Coverage for treatment of gender dysphoria varies across plans. Coverage of drugs for hormonal therapy, as well as whether the drug is covered as a medical or a pharmacy benefit, varies across plans. Refer to the customer's benefit plan document for coverage details. In addition, coverage for treatment of gender dysphoria, including gender reassignment surgery and related services may be governed by state and/or federal mandates.[11]

Receipt of sample product does not satisfy any criteria requirements for coverage.

Medical Necessity Criteria

Triptorelin pamoate (Triptodur) is considered medically necessary when ONE of the following is met:

1. **Central Precocious Puberty (CPP).** Individual meets **ALL** of the following criteria:

A. Onset of secondary sexual characteristics earlier than 8 years in females and 9 years in males
B. Diagnosis is confirmed by documentation of **ONE** of the following:
    i. Pubertal basal level of luteinizing hormone (LH) greater than or equal to 0.3 mIU/ml
    ii. Pubertal luteinizing hormone (LH) response to a GnRH stimulation test

Dosing. Up to one injection (22.5 mg) given IM once every 24 weeks

2. **Gender-Dysphoric/Gender-Incongruent Persons; Persons Undergoing Gender Reassignment (Female-To-Male or Male-To-Female).** The medication is prescribed by or in consultation with an endocrinologist or a physician who specializes in the treatment of transgender individuals.

When coverage is available and medically necessary, the dosage, frequency, duration of therapy, and site of care should be reasonable, clinically appropriate, and supported by evidence-based literature and adjusted based upon severity, alternative available treatments, and previous response to therapy.

Reauthorization Criteria

Continuation of triptorelin pamoate (Triptodur) is considered medically necessary for **ALL** covered diagnoses when the above medical necessity criteria are met AND there is documentation of beneficial response.

Authorization Duration

Initial approval duration: up to 12 months
Reauthorization approval duration: up to 12 months

Conditions Not Covered

Any other use is considered experimental, investigational or unproven including the following (this list may not be all inclusive):

Peripheral Precocious Puberty (Also Known as Gonadotropin-Releasing Hormone-Independent Precocious Puberty). Children with peripheral precocious puberty do not respond to GnRH agonist therapy.[4] Treatment is directed at removing or blocking the production and/or response to the excess sex steroids, depending on the cause (e.g., surgically removing human chorionic gonadotropin-secreting tumors or using glucocorticoids to treat defects in adrenal steroidogenesis [such as classic congenital adrenal hyperplasia]).

Coding Information

Note: 1) This list of codes may not be all-inclusive.
2) Deleted codes and codes which are not effective at the time the service is rendered may not be eligible for reimbursement.

Considered Medically Necessary when criteria in the applicable policy statements listed above are met:

HCPCS Codes	Description
J3316	Injection, triptorelin, extended-release, 3.75 mg

Background

OVERVIEW
Triptodur is a gonadotropin-releasing hormone (GnRH) agonist indicated for the **treatment of pediatric patients with central precocious puberty**.[1-3]

GnRH agonists can also be used off-label for the **treatment of gender-dysphoric/gender-incongruent persons** to suppress physical changes of puberty and gonadal function.[7,8] Pubertal hormonal suppression should typically be initiated after the adolescent first exhibits physical changes of puberty (Tanner stages G2/B2). Long-acting GnRH analogs are the currently preferred treatment option. An advantage to using a GnRH analog is that the effects can be reversed; pubertal suppression can be discontinued if the individual no longer wishes to transition. Upon discontinuation of therapy, spontaneous pubertal development has been shown to resume. GnRH analogs can also be used in patients during late puberty to suppress the hypothalamic-pituitary-gonadal axis to allow for lower doses of cross-sex hormones.[9] In addition to use in adolescents, GnRH analog therapy is also used in adults, particularly male-to-female patients.[10]

Dosing Information
Triptodur is administered by intramuscular injection once every 24 weeks.[1-3] There are no specific dosing recommendations for off-label use of Triptodur. Therefore, the FDA-approved dosing in the product labeling for approved uses has been cited for off-label uses. Treatment decisions, including duration of therapy, are individualized with careful consideration of the risks and benefit of the selected regimen.

Guidelines
The standard of care for central precocious puberty is GnRH agonists.[4-6] The European Society for Paediatric Endocrinology and the Lawson Wilkins Pediatric Endocrine Society convened a consensus conference to review the use of GnRH agonists in pediatric patients with central precocious puberty (2009).[4] The panel noted that the available GnRH agonists (including leuprolide and triptorelin) are effective, despite different routes of administration, dosing, and duration of action. In addition, the various GnRH agonists are well-tolerated in children and adolescents. An update by an International Consortium (2019) notes the lack of prospective comparative studies to establish differences in efficacy (if any) among the various GnRH agonists.[5] The Consortium does not prefer one GnRH agonist over another. Discontinuation of GnRH agonist therapy should be individualized, based on the patient's readiness for resumption of puberty, recent growth rates, and shifts in height prediction.

References

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5. Krishna KB, Fuqua JS, Rogol AD, et al. Use of gonadotropin-releasing hormone analogs in children: update by an international consortium. *Horm Res Paediatr*. 2019;91:357-372.
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8. World Professional Association for Transgender Health (WPATH). Standards of Care for the health of transgender and gender diverse people (version 8). Available at: https://www.wpath.org/publications/soc. Accessed on October 25, 2022.
9. Rosenthal SM. Approach to the patient: transgender youth: endocrine considerations. *J Clin Endocrine Metab*. 2014;99:4379-4389.
10. Spack NP. Management of transgenderism. *JAMA*. 2013;309:478-484.

11. American Academy of Pediatrics (AAP). Ensuring Comprehensive care and support for transgender and gender diverse children and adolescents. Policy statement. Pediatrics. Volume 142(4): October 2018