

## Clinical Policy: Antihistamines, Minimally Sedating

Reference Number: PHW.PDL.030

Effective Date: 01/01/2020

Last Review Date: 11/2025

### 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 PA Health & Wellness® that Minimally Sedating Antihistamines are **medically necessary** when the following criteria are met:

### I. Requirements for Prior Authorization of Antihistamines, Minimally Sedating

#### A. Prescriptions That Require Prior Authorization

Prescriptions for Antihistamines, Minimally Sedating that meet the following conditions must be prior authorized:

1. A non-preferred Antihistamine, Minimally Sedating.
2. An Antihistamine, Minimally Sedating with a prescribed quantity that exceeds the quantity limit.
3. An Antihistamine, Minimally Sedating when there is a record of a recent paid claim for another Antihistamine, Minimally Sedating (therapeutic duplication).

#### B. Review of Documentation for Medical Necessity

In evaluating a request for prior authorization of a prescription for an Antihistamine, Minimally Sedating, the determination of whether the requested prescription is medically necessary will take into account whether the member:

1. For a non-preferred Antihistamine, Minimally Sedating, has a history of therapeutic failure, contraindication, or intolerance of the preferred Antihistamines, Minimally Sedating; **AND**
2. For therapeutic duplication, **one** of the following:
  - a. Is being titrated to or tapered from another Antihistamine, Minimally Sedating
  - b. Has a clinical reason for concomitant use of the requested medications that is supported by peer-reviewed literature or national treatment guidelines;

**AND**

3. If a prescription for an Antihistamine, Minimally Sedating is for a quantity that exceeds the quantity limit, the determination of whether the prescription is medically necessary will also take into account the guidelines set forth in the Quantity Limits Chapter.

NOTE: If the member does not meet the clinical review guidelines above but, in the professional judgement of the physician reviewer, the services are medically necessary to meet the medical needs of the member, the request for prior authorization will be approved.

**C. Clinical Review Process**

Prior authorization personnel will review the request for prior authorization and apply the clinical guidelines in Section B. above to assess the medical necessity of a prescription for an Antihistamine, Minimally Sedating. If the guidelines in Section B. are met, the reviewer will prior authorize the prescription. If the guidelines are not met, the prior authorization request will be referred to a physician reviewer for a medical necessity determination. Such a request for prior authorization will be approved when, in the professional judgment of the physician reviewer, the services are medically necessary to meet the medical needs of the member.

**D. Automated Prior Authorization**

Prior authorization of a prescription for an Antihistamine, Minimally Sedating with a prescribed quantity that does not exceed the quantity limit established by the Department will be automatically approved when the Point-of-Sale On-Line Claims Adjudication System verifies a record of a paid claim(s) within 365 days prior to the date of service that documents that the guidelines to determine medical necessity listed in Section B. have been met.

**E. Approval Duration: 12 months**

| <b>Reviews, Revisions, and Approvals</b> | <b>Date</b> |
|--|-------------|
| Policy created                           | 01/01/2020  |
| Q3 2020 annual review: no changes.       | 07/2020     |
| Q1 2021 annual review: no changes.       | 01/2021     |
| Q1 2022 annual review: no changes.       | 11/2021     |
| Q1 2023 annual review: no changes.       | 11/2022     |
| Q1 2024 annual review: no changes.       | 11/2023     |
| Q1 2025 annual review: no changes.       | 11/2024     |
| Q1 2026 annual review: no changes.       | 11/2025     |