

## **Clinical Policy: Antihistamines, Minimally Sedating**

Reference Number: PHW.PDL.030

Effective Date: 01/01/2020

Last Review Date: 11/2023

[Revision Log](#)

### **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 PA Health and Wellness<sup>®</sup> 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 beneficiary:

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 beneficiary 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 beneficiary, 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 beneficiary.

D. Approval Duration: 12 months

Reviews, Revisions, and Approvals	Date
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