Reference number(s)
6774-A

Standard Medicare Part B Management Triptodur

Products Referenced by this Document

Drugs that are listed in the following table include both brand and generic and all dosage forms and strengths unless otherwise stated. Over-the-counter (OTC) products are not included unless otherwise stated.

Brand Name	Generic Name
Triptodur	triptorelin

Covered Uses

The indications below including FDA-approved indications and compendial uses are considered a covered benefit provided that all the approval criteria are met and the member has no exclusions to the prescribed therapy.

FDA-approved Indications[1]

Triptodur is indicated for the treatment of pediatric patients 2 years of age and older with central precocious puberty (CPP).

Compendial Uses

- Gender dysphoria (also known as transgender and gender diverse [TGD] persons)[9,10,12]
- Preservation of ovarian function[12-14]
- Prevention of recurrent menstrual related attacks in acute porphyria[15,16]

All other indications will be assessed on an individual basis. Submissions for indications other than those listed in this criteria should be accompanied by supporting evidence from Medicare approved compendia.

Documentation

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The following documentation must be available, upon request, for all initial requests for central precocious puberty: Laboratory report or medical record documentation of a pubertal response to a gonadotropin releasing hormone (GnRH) agonist test or a pubertal basal level of luteinizing hormone (LH) on a third-generation LH assay.

Coverage Criteria

Central Precocious Puberty (CPP)[1-8]

Authorization of 12 months may be granted for treatment of CPP when all of the following criteria are met:

- The diagnosis of CPP has been confirmed by either of the following criteria based on laboratory reference range:
  - A pubertal response to a gonadotropin releasing hormone (GnRH) agonist test
  - A pubertal basal level of luteinizing hormone (LH) on a third-generation LH assay
- The assessment of bone age versus chronological age supports the diagnosis of CPP.
- The member meets either of the following criteria:
  - The member is a female and was less than 8 years of age at the onset of secondary sexual characteristics.
  - The member is a male and was less than 9 years of age at the onset of secondary sexual characteristics.
- The pathologic cause of CPP has been assessed (e.g., imaging screening for intracranial tumors, genetic testing for familial CPP [e.g., MKRN3 or DLK1 variants]).

Gender Dysphoria[9-11]

Authorization of 12 months may be granted for pubertal hormonal suppression in an adolescent member when both of the following criteria are met:

- The member has a diagnosis of gender dysphoria.
- The member has reached Tanner stage 2 of puberty or greater.

Authorization of 12 months may be granted for gender transition when both of the following criteria are met:

- The member has a diagnosis of gender dysphoria.
- The member will receive the requested medication concomitantly with gender-affirming hormones.

Preservation of Ovarian Function[12-14]

Authorization of 3 months may be granted for preservation of ovarian function when the member is premenopausal and undergoing chemotherapy.

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Prevention of Recurrent Menstrual-Related Attacks in Acute Porphyria[14,15]

Authorization of 12 months may be granted for prevention of recurrent menstrual-related attacks in members with acute porphyria when the requested drug is prescribed by or in consultation with a physician experienced in the management of porphyrias.

Continuation of Therapy

Central Precocious Puberty (CPP)[2,4,7]

Authorization for 12 months may be granted when all of the following criteria are met:

- The member is currently receiving therapy with the requested medication.
- The member is either a female less than 12 years of age or a male less than 13 years of age.
- The member is receiving benefit from therapy. Benefit is defined as the member is not experiencing treatment failure defined (e.g., clinical pubertal progression, lack of growth deceleration, continued excessive bone age advancement).

Gender Dysphoria and Prevention of Recurrent Menstrual-Related Attacks in Acute Porphyria

Authorization for 12 months may be granted when both of the following criteria are met:

- The member is currently receiving therapy with the requested medication.
- The member is receiving benefit from therapy.

Preservation of Ovarian Function

All members (including new members) requesting authorization for continuation of therapy must meet all requirements in the coverage criteria.

Summary of Evidence

The contents of this policy were created after examining the following resources:

- The prescribing information for Triptodur.
- The available compendium
    - National Comprehensive Cancer Network (NCCN) Drugs and Biologics Compendium
    - Micromedex DrugDex
    - American Hospital Formulary Service—Drug Information (AHFS-DI)
    - Lexi-Drugs

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    - Clinical Pharmacology
- Consensus statement on the use of gonadotropin-releasing hormone analogs in children.
- Use of gonadotropin-releasing hormone analogs in children: Update by an international consortium
- Diagnosis of central precocious puberty
- Diagnosis and management of precocious sexual maturation: An updated review.
- Endocrine treatment of gender-dysphoric/gender-incongruent persons: An endocrine society clinical practice guideline.
- Gender Identity Research and Education Society. Guidance for GPs and other clinicians on the treatment of gender variant people.
- Standards of care for the health of transgender and gender diverse people, version 8.
- British and Irish Porphyria Network. Best practice guidelines on clinical management of acute attacks of porphyria and their complications.

After reviewing the information in the above resources, the FDA-approved indications listed in the prescribing information for Triptodur are covered in addition to the following:

- Gender dysphoria (also known as transgender and gender diverse [TGD] persons)
- Preservation of ovarian function
- Prevention of recurrent menstrual related attacks in acute porphyria

Explanation of Rationale

Support for FDA-approved indications can be found in the manufacturer's prescribing information.

Support for using Triptodur to treat central precocious puberty (CPP) can be found in guidelines by Bangalore Krishna et al. (2024, 2019). Luteinizing hormone (LH) is the best biochemical parameter for diagnosing CPP and basal LH levels measured using a highly sensitive assay can be helpful. Randomly obtained serum LH concentrations within the pubertal range confirm the diagnosis of CPP. In the setting of clinically progressive puberty, LH concentrations below the pubertal range do not exclude CPP, suggesting the need for gonadotropin hormone-releasing hormone (GnRH) or gonadotropin hormone-releasing hormone agonist (GnRHa) stimulation testing. In children diagnosed with CPP, magnetic resonance imaging (MRI) or other diagnostic imaging should be performed in all boys and at least in all girls who are 6 years or younger to exclude intracranial pathology. CPP can also be sporadic or familial. Among children with familial CPP, those with defects in MKRN3 and DLK1 (both paternally expressed imprinted genes) do not have structural lesions in brain MRI.

Girls younger than 7 years and boys younger than 9 years showing progressive central puberty, or who are more advanced in pubertal development (e.g., sexual maturation rating [SMR] 3 breast or genital development) with rapid linear growth merit GnRHa treatment. For girls older than 7 years with SMR 2 breast development, an observation period of 4 to 6 months is suggested to assess the tempo of pubertal progression before offering treatment. Indicators of treatment failure, including clinical pubertal progression, a lack of growth deceleration, and continued excessive bone age advancement, should

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prompt reassessment. Regarding the cessation of therapy, using GnRHa after achieving a bone age of 12.5 years in girls and 14 years in boys is unlikely to result in significant increase in height.

Separately, Kaplowitz et al. (2016) support generally using age 8 in girls as a cut off for secondary sexual characteristics and age 9 in boys. The authors stress that differences between ethnicities and races should be considered when determining if a patient should be sent to a specialist for evaluation for CPP.

Support for using Triptodur for gender dysphoria can be found in the Endocrine Society Clinical Practice Guideline for Endocrine Treatment of Gender-Dysphoric/Gender-Incongruent Persons. The guidelines support GnRH agonist use in both transgender males and transgender females. Specific products are not listed; therefore, coverage is applied to the entire class of GnRH agonists.

Support for using Triptodur for gender dysphoria can also be found in the World Professional Association for Transgender Health (WPATH). The Standards of Care for the Health of Transgender and Gender Diverse People, Version 8, suggests to prescribe GnRH agonists to suppress sex steroids without concomitant sex steroid hormone replacement in eligible transgender and gender diverse adolescents seeking such intervention who are well into or have completed pubertal development (defined as past Tanner stage 3) but are unsure about or do not wish to begin sex steroid hormone therapy. WPATH also recommends beginning pubertal hormone suppression in eligible transgender and gender diverse adolescents after they first exhibit physical changes of puberty (Tanner stage 2).

WPATH recommends health care professionals prescribe progestogens or a GnRH agonist for eligible transgender and gender diverse adolescents with a uterus to reduce dysphoria caused by their menstrual cycle when gender-affirming testosterone use is not yet indicated.

WPATH also recommends health care professionals prescribe testosterone-lowering medications (including GnRH agonists) for eligible transgender and gender diverse people with testes taking estrogen as part of a hormonal treatment plan if their individual goal is to approximate levels of circulating sex hormone in cisgender women.

Support for using Triptodur for the prevention of recurrent menstrual-related attacks in acute porphyria can be found in the British and Irish Porphyria Network on clinical management of acute attacks of porphyria and their complications (Stein, et al., 2012). In women with recurrent premenstrual attacks of porphyria, GnRH analogues can be administered to prevent ovulation. A number of preparations are available (busrelin, goserelin, histrelin, leuprorelin or triptorelin) and published studies have reported use of differing regimens, sometimes in extremely low doses. As an example, Zoladex 3.6 (containing goserelin acetate 3.6 mg) a long acting analogue of GnRH, can be given as an implant by subcutaneous injection into the anterior abdominal wall every 28 days, with the first injection being given during the first few days of the menstrual cycle. Administration of GnRH analogues may induce a hormone surge that can trigger an acute attack. Side-effects include depression, hot flushes, reduced libido, osteoporosis, and other menopausal symptoms. These can be reduced by use of a low dose estrogen patch. Pretreatment assessment of skeletal health (including bone mineral density [BMD] determination) should be arranged with regular gynecology review and annual BMD while treatment continues. Treatment with GnRH analogues should be reviewed after one year.

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