

## **Clinical Policy: Triptorelin Pamoate (Trelstar, Triptodur)**

Reference Number: CP.PHAR.175

Effective Date: 10.01.16

Last Review Date: 11.24

Line of Business: Commercial, HIM, Medicaid

[Coding Implications](#)  
[Revision Log](#)

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

### **Description**

Triptorelin pamoate (Trelstar<sup>®</sup>, Triptodur<sup>®</sup>) is a gonadotropin-releasing hormone (GnRH) receptor agonist.

### **FDA Approved Indication(s)**

Trelstar is indicated for the treatment of advanced prostate cancer.

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

### **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<sup>®</sup> that Trelstar and Triptodur are **medically necessary** when the following criteria are met:

#### **I. Initial Approval Criteria**

##### **A. Prostate Cancer** (must meet all):

1. Diagnosis of prostate cancer;
2. Request is for Trelstar;
3. Prescribed by or in consultation with an oncologist or urologist;
4. Age  $\geq$  18 years;
5. Request meets one of the following (a or b):\*
  - a. Dose does not exceed 3.75 mg per 4 weeks, 11.25 mg per 12 weeks, or 22.5 mg per 24 weeks;
  - b. Dose is supported by practice guidelines or peer-reviewed literature for the relevant off-label use (*prescriber must submit supporting evidence*).

*\*Prescribed regimen must be FDA-approved or recommended by NCCN*

##### **Approval duration:**

**HIM/Medicaid** – 12 months

**Commercial** – 6 months or to member's renewal date, whichever is longer

##### **B. Central Precocious Puberty** (must meet all):

1. Diagnosis of CPP confirmed by all of the following (a, b, and c):
  - a. Elevated basal luteinizing hormone (LH) level  $> 0.2 - 0.3$  mIU/mL (dependent on type of assay used) and/or elevated leuprolide-stimulated LH level  $> 3.3 - 5$  IU/L (dependent on type of assay used);

- b. Difference between bone age and chronological age was > 1 year (bone age-chronological age);
- c. Age at onset of secondary sex characteristics (1 or 2):
  - 1) Female: < 8 years;
  - 2) Male: < 9 years;
2. Request is for Triptodur;
3. Prescribed by or in consultation with a pediatric endocrinologist;
4. Member meets one of the following age requirements (a or b):
  - a. Female: 2 - 11 years;
  - b. Male: 2 - 12 years;
5. Dose does not exceed 22.5 mg per 24 weeks.

**Approval duration:**

**HIM/Medicaid** – 12 months

**Commercial** – 6 months or to member’s renewal date, whichever is longer

**C. Gender Dysphoria, Gender Transition (off-label) (must meet all):**

1. Diagnosis of gender dysphoria or request is for gender transition;
2. Prescribed by or in consultation with both of the following (a and b):
  - a. An endocrinologist;
  - b. A provider with expertise in gender dysphoria and transgender medicine based on a certified training program or affiliation with local transgender health services (e.g., mental health professional such as psychologist, psychiatrist, see *Appendix D*);
3. Age and pubertal development – meets one of the following (a or b):
  - a. Member is < 18 years of age and has reached or passed through Tanner Stage 2\*;  
*\*Age ranges approximating Tanner Stage 2 pubertal development extend from 8 to 13 years of age in girls and 9 to 14 years of age in boys.*
  - b. Member is ≥ 18 years of age and has failed to achieve physiologic hormone levels with gender-affirming hormonal therapy (e.g., estrogen, testosterone) unless contraindicated or clinically significant adverse effects are experienced;
4. Member demonstrates understanding of expected GnRH analogue treatment outcomes and has given consent for such treatment;
5. If member has a psychiatric comorbidity, member is followed by mental health provider;
6. Psychosocial support will be provided during treatment;
7. Dose is within FDA maximum limit for any FDA-approved indication (see Section V) or is supported by practice guidelines or peer-reviewed literature for the relevant off-label use (*prescriber must submit supporting evidence*).

**Approval duration:**

**HIM/Medicaid** – 12 months

**Commercial** – 6 months or to member’s renewal date, whichever is longer

**D. Other diagnoses/indications (must meet 1 or 2):**

1. If this drug has recently (within the last 6 months) undergone a label change (e.g., newly approved indication, age expansion, new dosing regimen) that is not yet reflected in this policy, refer to one of the following policies (a or b):

- a. For drugs on the formulary (commercial, health insurance marketplace) or PDL (Medicaid), the no coverage criteria policy for the relevant line of business: CP.CPA.190 for commercial, HIM.PA.33 for health insurance marketplace, and CP.PMN.255 for Medicaid; or
  - b. For drugs NOT on the formulary (commercial, health insurance marketplace) or PDL (Medicaid), the non-formulary policy for the relevant line of business: CP.CPA.190 for commercial, HIM.PA.103 for health insurance marketplace, and CP.PMN.16 for Medicaid; or
2. If the requested use (e.g., diagnosis, age, dosing regimen) is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized) AND criterion 1 above does not apply, refer to the off-label use policy for the relevant line of business: CP.CPA.09 for commercial, HIM.PA.154 for health insurance marketplace, and CP.PMN.53 for Medicaid.

## II. Continued Therapy

### A. Prostate Cancer (must meet all):

1. Currently receiving medication via Centene benefit, or documentation supports that member is currently receiving Trelstar for prostate cancer and has received this medication for at least 30 days;
2. Request is for Trelstar;
3. Member is responding positively to therapy;
4. If request is for a dose increase, request meets one of the following (a or b):\*
  - a. New dose does not exceed 3.75 mg per 4 weeks, 11.25 mg per 12 weeks, or 22.5 mg per 24 weeks;
  - b. New dose is supported by practice guidelines or peer-reviewed literature for the relevant off-label use (*prescriber must submit supporting evidence*).

*\*Prescribed regimen must be FDA-approved or recommended by NCCN*

### Approval duration:

**HIM/Medicaid** – 12 months

**Commercial** – 6 months or to member's renewal date, whichever is longer

### B. Central Precocious Puberty (must meet all):

1. Member meets one of the following (a or b):
  - a. Currently receiving medication via Centene benefit or member has previously met initial approval criteria;
  - b. Member is currently receiving medication and is enrolled in a state and product with continuity of care regulations (*refer to state specific addendums for CC.PHARM.03A and CC.PHARM.03B*);
2. Request is for Triptodur;
3. Member is responding positively to therapy as evidenced by, including but not limited to, improvement in any of the following parameters: decreased growth velocity, cessation of menses, softening of breast tissue or testes, arrested pubertal progression;
4. Member meets one of the following age requirements (a or b):
  - a. Female: ≤ 11 years;
  - b. Male: ≤ 12 years.

5. If request is for a dose increase, new dose does not exceed: 22.5 mg per 24 weeks.

**Approval duration:**

**HIM/Medicaid** – 12 months

**Commercial** – 6 months or to member’s renewal date, whichever is longer

**C. Gender Dysphoria, Gender Transition (off-label) (must meet all):**

1. Member meets one of the following (a or b):

- a. Currently receiving medication via Centene benefit or member has previously met initial approval criteria;
  - b. Member is currently receiving medication and is enrolled in a state and product with continuity of care regulations (*refer to state specific addendums for CC.PHARM.03A and CC.PHARM.03B*);
2. Member is responding positively to therapy (e.g., member continues to meet their individual goals of therapy for gender dysphoria);
3. If request is for a dose increase, new dose is within FDA maximum limit for any FDA-approved indication (see Section V) or is supported by practice guidelines or peer-reviewed literature for the relevant off-label use (*prescriber must submit supporting evidence*).

**Approval duration:**

**HIM/Medicaid** – 12 months

**Commercial** – 6 months or to member’s renewal date, whichever is longer

**D. Other diagnoses/indications (must meet 1 or 2):**

1. If this drug has recently (within the last 6 months) undergone a label change (e.g., newly approved indication, age expansion, new dosing regimen) that is not yet reflected in this policy, refer to one of the following policies (a or b):
  - a. For drugs on the formulary (commercial, health insurance marketplace) or PDL (Medicaid), the no coverage criteria policy for the relevant line of business: CP.CPA.190 for commercial, HIM.PA.33 for health insurance marketplace, and CP.PMN.255 for Medicaid; or
  - b. For drugs NOT on the formulary (commercial, health insurance marketplace) or PDL (Medicaid), the non-formulary policy for the relevant line of business: CP.CPA.190 for commercial, HIM.PA.103 for health insurance marketplace, and CP.PMN.16 for Medicaid; or
2. If the requested use (e.g., diagnosis, age, dosing regimen) is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized) AND criterion 1 above does not apply, refer to the off-label use policy for the relevant line of business: 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:**

- A. 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*

CPP: central precocious puberty	LH: luteinizing hormone
DSM-5: Diagnostic and Statistical Manual of Mental Disorders, 5th edition	NCCN: National Comprehensive Cancer Network
FDA: Food and Drug Administration	WPATH: World Professional Association for Transgender Health
GnRH: gonadotropin-releasing hormone	

*Appendix B: Therapeutic Alternatives*

Not applicable

*Appendix C: Contraindications/Boxed Warnings*

- Contraindication(s):
  - Hypersensitivity to triptorelin or any other component of the product, or other GnRH agonists or GnRH
  - Pregnancy (Triptodur)
- Boxed warning(s): none reported

*Appendix D: General Information*

- World Professional Association for Transgender Health (WPATH) offers their Global Education Institute (GEI) Certified Training Courses: Best Practices in Transgender Medical and Mental Health Care. Additionally, the following link provides a search tool to locate WPATH member providers: <https://www.wpath.org/provider/search>
- Transgender Care Therapy Certification Training is also offered by the International Transgender Certification Association (ITCA). Professionals with expertise in transgender care can be located using the following search tool: <https://transgendercertification.com/locate-a-professional/>
- The WPATH Standards of Care Version 8 recommend that adolescents are managed by a multidisciplinary care team that involves both medical and mental health professionals. The list of key disciplines includes but is not limited to: adolescent medicine/primary care, endocrinology, psychology, psychiatry, speech/language pathology, fertility, social work, support staff, and the surgical team. The need to include a healthcare professional with some expertise in mental health does not dictate the inclusion of a psychologist, psychiatrist or social work in every assessment. Instead, a general practitioner, nurse or other qualified clinician could fulfill this requirement as long as they have sufficient expertise to diagnose gender incongruence, recognize mental health concerns, distinguish between these concerns and gender dysphoria, incongruence or diversity, assist a transgender person in care planning and preparing for gender affirmative medical and surgical treatments, and refer to a mental health professional if needed.

**V. Dosage and Administration**

Drug Name	Indication	Dosing Regimen	Maximum Dose
Triptorelin pamoate (Trelstar)	Prostate cancer*	IM: 3.75 mg per 4 weeks; 11.25 mg per 12 weeks; 22.5 mg per 24 weeks	See regimen

Drug Name	Indication	Dosing Regimen	Maximum Dose
Triptorelin pamoate (Triptodur)	CPP	IM: 22.5 mg IM every 24 weeks	See regimen

*\*May be used in combination with therapies such as radiation therapy, antiandrogens, glucocorticoids, docetaxel.*

## VI. Product Availability

Drug Name	Availability
Triptorelin pamoate (Trelstar)	Single-dose vial for reconstitution with Mixject system (kit): 3.75 mg, 11.25 mg, 22.5 mg
Triptorelin pamoate (Triptodur)	Single-dose vial for reconstitution (kit): 22.5 mg

## VII. References

1. Trelstar Prescribing Information. Wayne, PA: Verity Pharmaceuticals, Inc.; April 2024. Available at [www.trelstar.com](http://www.trelstar.com). Accessed July 10, 2024.
  2. Triptodur Prescribing Information. Atlanta, GA: Arbor Pharmaceuticals, LLC; December 2022. Available at [www.triptodur.com](http://www.triptodur.com). Accessed July 10, 2024.
  3. National Comprehensive Cancer Network Drugs and Biologics Compendium. Triptorelin pamoate. Available at [nccn.org](http://nccn.org). Accessed July 13, 2024.
  4. National Comprehensive Cancer Network. Prostate cancer (Version 4.2024). Available at [https://www.nccn.org/professionals/physician\\_gls/pdf/prostate.pdf](https://www.nccn.org/professionals/physician_gls/pdf/prostate.pdf). Accessed July 13, 2024.
  5. Klein K, Yang J, Aisenberg J, et al. Triptorelin Efficacy and safety of triptorelin 6-month formulation in patients with central precocious puberty. *J Pediatr Endocrinol Metab*. November 2016; 29(11): 1241–1248.
  6. Kaplowitz P, Bloch C. Evaluation and referral of children with signs of early puberty. *Pediatrics*. 2016; 137(1): e20153732.
- Gender Dysphoria*
7. American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders*. 5th ed. Arlington, VA: American Psychiatric Association Publishing; 2013.
  8. Hembree WC, Cohen-Kettenis PT, Gooren L, et al. Endocrine treatment of gender-dysphoric/gender-incongruent persons: An Endocrine Society Clinical Practice Guideline. *J Clin Endocrinol Metab*, November 2017, 102(11):3869–3903.
  9. Rafferty J. Ensuring comprehensive care and support for transgender and gender-diverse children and adolescents. Policy statement. *American Academy of Pediatrics. Pediatrics*; 142(4), October 2018: e20182162.
  10. Deutsch MB. Guidelines for the primary and gender-affirming care of transgender and gender nonbinary people. Center of Excellence for Transgender Health. Department of Family & Community Medicine, University of California, San Francisco; 2nd Ed, published June 17, 2016.
  11. Standards of care for the health of transsexual, transgender, and gender nonconforming people. WPATH: World Professional Association for Transgender Health. 7th version; 2001. Available at [www.wpath.org](http://www.wpath.org).

12. Wylie KR, Fung R, Boshier C, Rotchell M. Recommendations of endocrine treatment for patients with gender dysphoria. *Sexual and Relationship Therapy* Vol. 24, No. 2, May 2009, 175–187.
13. Emmanuel M, Bokor BR. *Tanner Stages*. Treasure Island, FL: StatPearls Publishing; 2019 Jan. Available at <https://www.ncbi.nlm.nih.gov/books/NBK470280/>. Last update: December 11, 2022. Accessed July 13, 2024.
14. Micromedex® Healthcare Series [Internet database]. Greenwood Village, Colo: Thomson Healthcare. Updated periodically. Accessed July 13, 2024.
15. WPATH: World Professional Association for Transgender Health Standards of Care Version 8 Draft. Available at: <https://www.wpath.org/soc8>. Accessed July 13, 2024.

**Coding Implications**

Codes referenced in this clinical policy are for informational purposes only. Inclusion or exclusion of any codes does not guarantee coverage. Providers should reference the most up-to-date sources of professional coding guidance prior to the submission of claims for reimbursement of covered services.

HCPCS Codes	Description
J3315	Injection, triptorelin pamoate, 3.75 mg
J3316	Injection, triptorelin, extended-release, 3.75 mg

Reviews, Revisions, and Approvals	Date	P&T Approval Date
4Q 2020 annual review: no significant changes; removed HIM-Medical Benefit and references to non-formulary policy; added J3315 and J3316 HCPCS codes; references reviewed and updated.	07.15.20	11.20
4Q 2021 annual review: added gender transition to gender dysphoria criteria set; references to HIM.PHAR.21 revised to HIM.PA.154; retire WCG.CP.PHAR.175; modified Commercial approval duration to 6 months or to member’s renewal date, whichever is longer; references reviewed and updated.	07.14.21	11.21
For gender dysphoria or request is for gender transition modified prescriber requirements to allow experts in transgender medicine based on a certified training program or affiliation with local transgender health services; added general information Appendix D with resources for transgender provider search tools and examples of training programs.	12.14.21	02.22
4Q 2022 annual review: no significant changes; references reviewed and updated. Template changes applied to other diagnoses/indications and continued therapy section.	07.26.22	11.22
4Q 2023 annual review: no significant changes; for gender dysphoria continuation of therapy added example of positive response to therapy; references reviewed and updated.	06.30.23	11.23
Corrected units for basal luteinizing hormone level to mIU/mL.	02.08.24	

Reviews, Revisions, and Approvals	Date	P&T Approval Date
4Q 2024 annual review: no significant changes; references reviewed and updated.	07.10.24	11.24

**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.

Providers referred to in this clinical policy are independent contractors who exercise independent judgment and over whom the Health Plan has no control or right of control. Providers are not agents or employees of the Health Plan.



This clinical policy is the property of the Health Plan. Unauthorized copying, use, and distribution of this clinical policy or any information contained herein are strictly prohibited. Providers, members, and their representatives are bound to the terms and conditions expressed herein through the terms of their contracts. Where no such contract exists, providers, members and their representatives agree to be bound by such terms and conditions by providing services to members and/or submitting claims for payment for such services.

**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.

©2016 Centene Corporation. All rights reserved. All materials are exclusively owned by Centene Corporation and are protected by United States copyright law and international copyright law. No part of this publication may be reproduced, copied, modified, distributed, displayed, stored in a retrieval system, transmitted in any form or by any means, or otherwise published without the prior written permission of Centene Corporation. You may not alter or remove any trademark, copyright or other notice contained herein. Centene<sup>®</sup> and Centene Corporation<sup>®</sup> are registered trademarks exclusively owned by Centene Corporation.