Pending CCG approval

NHS
Pan Mersey
Area Prescribing Committee

SODIUM OXYBATE oral solution (Xyrem®)

The Pan Mersey Area Prescribing Committee recommends SODIUM OXYBATE oral solution (Xyrem®) as a treatment option for Narcolepsy with cataplexy in adult patients only when recommended by a consultant in a specialist commissioned sleep service.

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The Pan Mersey Area Prescribing Committee recommends sodium oxybate (Xyrem®) as a treatment option in narcolepsy with cataplexy in adult patients when recommended by a consultant in a specialist commissioned sleep service. Use in children (<19 years) is commissioned by NHS England.

Sodium oxybate will be used as a 4TH line treatment option in narcolepsy with cataplexy when patients have:

- A previous adverse reaction to or lack of clinical response to pitolisant in line with the Narcolepsy pathway

Sodium oxybate may be used in favour of pitolisant for the following Narcolepsy conditions where clinically appropriate:

- Narcolepsy specific issues: Significant (i.e. multiple nightly) REM intrusion phenomena, greater frequency of cataplexy e.g. >15 episodes a week
- Coexisting insomnia
- Obesity

Sodium oxybate is not to be used in combination with pitolisant.

Sodium oxybate is approved for the treatment of narcolepsy with cataplexy in adults by the European Medicines Agency[1] and for the treatment of excessive daytime sleepiness and cataplexy in patients with narcolepsy by the Federal Drug Administration.[2]

Following initiation, monitoring will be undertaken monthly at outpatient follow up appointments with an initial trial of 3 months. If insufficient benefit is seen at this point, sodium oxybate treatment will be discontinued.

CCG's will require assurance for the use of this drug via process such as Blueteq or similar.

Note: Patients who are not eligible for treatment under this statement may be considered on an individual basis where their GP or consultant believes exceptional circumstances exist that warrant deviation from the rule of this policy. In this situation, follow locally defined processes.

Supporting information

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Effectiveness[3]
A meta-analysis including nine randomised controlled trials reporting data on the effectiveness of sodium oxybate on narcolepsy, including symptoms of cataplexy, for a total of 1,154 patients demonstrated the effectiveness of sodium oxybate in treating major, clinically relevant narcolepsy symptoms and sleep architecture abnormalities.

Safety[4]
Contraindications: hypersensitivity to the active substance or to any of the excipients, major depression, succinic semialdehyde dehydrogenase deficiency, concomitant treatment with opioids or barbiturates.
Generally well tolerated. 10-20% of patients experience nausea, dizziness and headaches. Other side effects occur in less than 10% of patients, refer to SPC for specific details.

Cost[5]
Sodium Oxybate 500mg/ml, 180ml bottle. £360.00 (EXCLUDES VAT)
Adult services are PBR excluded.
Annual cost per patient £3,240.00 (2.25 g/ day) to £12,960.00 (9 g/ day)
For position in treatment please refer to Narcolepsy pathway.

Drug	Dose Schedule	Cost per annum (dm+d)- EXCLUDES VAT
Pitolisant 4.5mg and 18mg tablets	4.5mg-36mg daily	£3,720.00-£7,440.00
Sodium oxybate 500mg/ml oral solution	2.25g-9g daily	£3,240.00-£12,960.00
Clomipramine capsules	10mg-75mg daily	£16.77-£41.60
Venlafaxine 225mg M/R caps	225mg daily	£612.43
Modafanil 200mg tablets	400mg daily	£181.68
Dexamfetamine 10mg tablets	10-60mg daily	£477.36-£2,864.16
Methylphenidate 10mg tablets	10-60mg daily	£41.04-£246.24
Methylphenidate M/R capsules	10-60mg daily	£300.00-£807.84

Patient factors
Not recommended in patients with a history of drug misuse or patients with epilepsy.

Reduce dose in renal impairment

Elderly patients should be monitored closely for impaired motor and/ or cognitive function.

Prescribing information

- Adult over 18 years, initially 2.25 g on retiring and repeated 2.5–4 hours later, increased according to response in steps of 1.5 g daily in 2 divided doses at intervals of 1–2 weeks; max. 9 g daily in two divided doses.
- Where treatment has been stopped for more than 14 days, refer to SPC for information regarding re-titration.
- Sodium oxybate is a Schedule 2 Controlled Drug.

Implementation notes

- Prescribing and monitoring will be undertaken by the specialist sleep clinic.
- Patients stopping therapy during the first 3 months for any reason are reimbursed by UCB Pharma under their 'Xyrem® Responder Programme'. Recharging to CCGs will be delayed until after the 3 month period has elapsed if the patient remains on treatment.

References

1. European Medicines Agency. Summary of European public assessment report (EPAR) for Xyrem. Updated 20 August 2018. Accessed 19 March 2019
2. US Food & Drug Administration. Postmarket Drug Safety Information for Patients and Providers. Xyrem (sodium oxybate) Information Updated 26 October 2018. Accessed 19 March 2019
3. Boscolo-Berto R., Viel G., Montagnese S., Raduazzo D.I., Ferrara S.D., Dauvilliers Y. Narcolepsy and effectiveness of gamma-hydroxybutyrate (GHB): A systematic review and meta-analysis of randomized controlled trials. Sleep Medicine Reviews, October 2012, vol./is. 16/5(431-443), 1087-0792;1532-2955 (October 2012)
4. UCB Pharma Limited. Summary of Product Characteristics. Xyrem 500 mg/ml oral solution. Xyrem 500 mg/ml oral solution. June 2018. Accessed 13 December 2018
5. NHSBA Dictionary of Medicine and Devices (dm+d Browser). Accessed 19 March 2019