

Clinical Policy: Benzodiazepines with Concurrent Opioid Analgesics

Reference Number: NM.CP.PPA.16

Effective Date: 4/1/19

Last Review Date: 1/11/23

[Revision Log](#)

Description:

To limit the unsafe concurrent use of benzodiazepine and opioids or carisoprodol containing products through medical necessity review.

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 Western Sky Community Care that concurrent use of benzodiazepines with opioids or carisoprodol is medically necessary when the following criteria are met.

I. Criteria for Benzodiazepine and Opioids Concurrent Therapy

(must meet all): (For benzodiazepine therapy exceeding 7 days in 180 days).

Prior authorization will not be required for benzodiazepine use meeting all of the following criteria **and /or when the request involves a diagnosis for seizure disorder, cancer, sickle cell disease, or palliative care.**

- a) Must provide diagnoses for both agents;
- b) Must provide previous therapies attempted;
- c) Must meet formulary utilization management edits;
- d) Request is for a preferred drug, unless member has previously failed a trial of 2 preferred drugs, has contraindications to, or provider has indicated 'Brand Medically Necessary' on the prescription;
- e) Documentation that the provider has reviewed the Prescription Drug Monitoring Program (PDMP) to identify concurrently prescribed controlled substances;
- f) Concurrent utilization will include members with a claim for an opioid in the past 30 days.

Approval duration: Up to 3 months

II. Criteria for Benzodiazepine and Carisoprodol Concurrent Therapy (must meet all):

- a) Provider has documented clear reason for needing specifically carisoprodol (in place of other muscle relaxants) ;
- b) Requires trial of at least 2 preferred muscle relaxants including baclofen, chlorzoxazone, cyclobenzaprine, methocarbamol or tizanidine.

Approval duration: Up to 3 months

Revision Log

Reviews, Revisions, and Approvals	Date	Approval Date
New clinical policy created for WSCC	3/1/19	3/1/19
Reviewed and approved by WSCC P&T Committee.		3/20/19
Annual Review. References reviewed and updated as appropriate. Reviewed and approved by WSCC P&T Committee.	1/29/20	1/29/20
Annual Review. Edits to concurrent benzodiazepine and carisoprodol therapy to specific documented reason by provider for use of carisoprodol over other muscle relaxants. Reviewed and approved by WSCC P&T Committee.		1/20/21
Annual Review. Reviewed and approved by WSCC P&T Committee.		1/12/22
Annual Review. Reviewed and approved by WSCC P&T Committee.		1/11/23