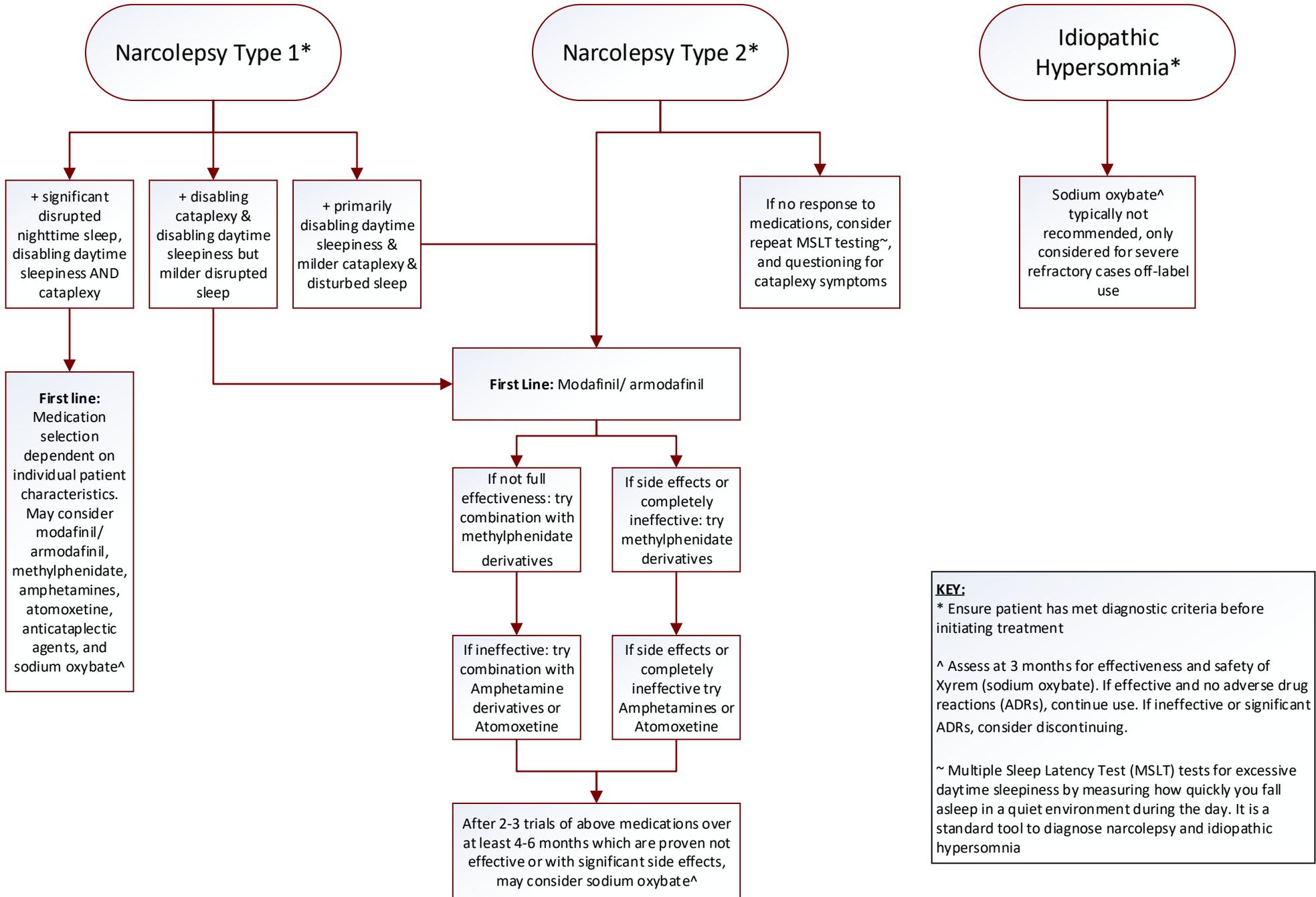


Xyrem (sodium oxybate) – Utilization Algorithm





Xyrem (sodium oxybate) – Utilization Algorithm Supporting Information

Medication	Indication	Cost per Month (CASH)	Common Side Effects
Modafinil (Provigil)	Narcolepsy Type 1 & 2	\$650-1000	Headache, nervousness, nausea, insomnia
Armodafinil (Nuvigil)	Narcolepsy Types 1 & 2	\$650-700	Headache, nervousness, nausea, insomnia
Methylphenidate (Ritalin, etc)	Narcolepsy Type 1 & 2	\$150-900	Dry mouth, decreased appetite, headache
Amphetamine (Adderall, Adderall XR, etc)	Narcolepsy Types 1 & 2	\$300-1000	Insomnia, headache, tachycardia
Atomoxetine (Strattera)	Narcolepsy Type 1 & 2	\$470-550	Headache, dry mouth, excessive sweating
Clomipramine (Anafranil)	Cataplexy	\$300	Dizziness, drowsiness, headache
Fluoxetine (Prozac)	Cataplexy	\$30-40	Insomnia, headache, nausea
Protriptyline (Vivactil)	Cataplexy	\$250-450	Blurred vision, dry mouth, constipation
Sertraline (Zoloft)	Cataplexy	\$80-90	Sexual dysfunction, drowsiness, weight gain
Venlafaxine (Effexor, Effexor XR)	Cataplexy	\$70-150	Insomnia, nausea, dizziness
Sodium Oxybate (Xyrem)	Narcolepsy Type 1 & 2	\$6,900-10,200	Extreme drowsiness, confusion, nausea

For cataplexy: consider at least two trials of anti-cataplectic medications with adequate dosing. If cataplexy is severely disabling despite adequate treatment trials, may consider sodium oxybate.

Sleep disruption therapy: there are no current guidelines on recommended therapies. Improve sleep hygiene; avoid prolonged daytime naps (although strategic scheduled short naps may be helpful). If psychophysiological insomnia symptoms accompany sleep disruption, may consider components of cognitive behavioral therapy for insomnia (CBT-I) or off-label medication options such as non-benzodiazepines (Ambien, Lunesta, Sonata), Trazodone (if anxiety/mood symptoms), or melatonin.