**RELPAX® UTILIZATION MANAGEMENT CRITERIA**

**DRUG CLASS:** 5HT1 agonists  
**BRAND (generic) NAME:** Relpax (eletriptan) tablet

**FDA INDICATIONS:** Oral eletriptan is indicated for the acute treatment of migraine with or without aura in adults. The 5-HT1 agonists are not intended for the prophylactic therapy of migraine or for use in the management of hemiplegic or basilar migraine. Safety and effectiveness have also not been established for cluster headache.

**ICD-9 CODES:**  
Migraine – with aura (“classic”): 346.0  
Migraine – idiopathic/without aura (“common”): 346.1

**QUANTITY LIMITATIONS (QL) CRITERIA:**

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<th>SHORT TERM:</th>
<th>EXTENDED SUPPLY:</th>
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<td>320 mg per 30 days</td>
<td>960 mg per 90 days</td>
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<tr>
<td>Relpax 20 mg</td>
<td>16 tablets</td>
<td>48 tablets</td>
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<tr>
<td>Relpax 40 mg</td>
<td>8 tablets</td>
<td>24 tablets</td>
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If patient requires amounts in excess of these numbers, please follow the Quantity Limitations (QL) criteria for Relpax.

**RATIONALE:** Relpax (eletriptan) tablets – Eletriptan has a maximum dose of 80 mg per day, and can be used for up to 4 migraine headaches per month, or 320 mg per month.

**CRITERIA FOR EXCEEDING QL:**
1. Convey to physician the amount of the drug that the patient has already received (refer to QL criteria) and ask if the patient needs more than that amount. **AND**
2. Patient must have diagnosis of moderate to severe migraine headache. (Tension type and chronic daily headaches are **NOT** appropriate diagnoses.) **AND**
3. Must have tried and failed at least 2 other abortive migraine therapy. Examples of medications used for abortive therapy include:
   - Ibuprofen (Motrin®)
   - Diclofenac (Voltaren®)
   - Flurbiprofen (Ansaid®)
   - Ergotamine-containing products (Cafergot, Wigraine, Ergomar, etc.)
   - Isometheptene mucate/Dichloralphenazone/Acetaminophen (Midrin, etc.) **AND**
4. If patient experiences > 4 migraine headaches per month, prophylactic therapy should have been given an adequate trial (see table below) **AND**
5. The possibility of medication-induced, rebound, or chronic daily headache should be considered. **AND**
6. **DENY** if to be used in combination with another triptan (e.g. Zomig, Amerge, Imitrex, Frova, Maxalt, Axert) or an ergotamine (e.g. Migranal, Cafergot) due to possibility of increased blood pressure effect.

**BLACK BOX WARNINGS:** None
RATIONALE:
• Aspirin, acetaminophen, non-steroidal anti-inflammatory drugs (NSAIDs) and combination products containing these key ingredients are generally considered first line abortive therapy for migraine.
• Prophylactic migraine therapy may reduce the frequency and severity of migraine attacks.
• Quantity limitations criteria are intended to prevent inappropriate use of the triptans.

NURSING ASSESSMENT:
1. Gather a complete medical history; note any contributing factors (i.e. smoker, diet, alcohol consumption, use of OTC medications, stress, etc.). Include migraine history and any precipitating factors.
2. Determine any history of cardiac problems or evidence of ischemic cardiovascular disease, as drug is contraindicated.
3. Ensure that a neurological examination has been performed to identify appropriate migraine category.
4. Obtain baseline ECG, liver (AST, ALT), and renal function tests.

PROVIDER EDUCATION:
1. Review appropriate method for administration (oral).
2. Dizziness, paresthesia, headache, dry mouth, fatigue, and flushing are the most common adverse effects.

MISUSE AND CHRONIC DAILY HEADACHE:
“Chronic Daily Headache (CDH) is a syndrome that consists of a group of disorders that can be subclassified into primary and secondary types. Drug-induced daily headache frequently arises during headache therapy. It can result from the daily use of ergotamines and excessive amounts of common analgesics. CDH usually manifests itself as a constant dull pressure in the frontal and occipital areas. Most patients will complain of headache upon awakening in the morning. The symptomatic medications used for the immediate relief of headache may actually perpetuate the headache if used frequently and in excessive quantities. Therapy for drug-induced headache is withdrawal of the responsible medication.”

CLINICAL OUTCOME:
Reversal of acute migraine attack and relief of associated symptoms.

DOSAGE AND ADMINISTRATION:
The eletriptan dose for the treatment of acute migraine in adults is 20 mg or 40 mg. A second dose may be taken no sooner than 2 hours after the initial dose. The total daily dose should not exceed 80 mg. There is no evidence that a second dose of eletriptan is effective in patients who do not respond to a first dose of the drug for the same headache. NOTE: In patients who do not respond to the first dose of eletriptan, the diagnosis of migraine should be reconsidered before administration of a second dose and the possibility of an evolving cerebrovascular event considered.

RISK FACTORS/CONTRAINDICATIONS:
1. Do not use with ergotamine-containing or ergot-type products or MAO-A inhibitors.
2. Do not use with patients with ischemic heart disease or uncontrolled blood pressure.
3. Do not use as a prophylactic agent.
4. Give only where diagnosis of migraine is clearly established.
5. Contraindications to the use of 5-HT1 agonists: pregnancy, peripheral vascular disease (i.e., thromboangitis, leucitic arteritis, Raynaud's Syndrome, thrombophlebitis, arteriosclerosis), hepatic or renal impairment, coronary artery disease, uncontrolled hypertension.
6. Do not give eletriptan within 72 hours of the following CYP3A4 inhibitors: ketoconazole, itraconazole, nefazodone, clarithromycin, TAO, ritonavir, nelfinavir.

DRUG INTERACTIONS:
• Ergot-containing drugs have been reported to cause prolonged vasospastic reactions. Because there is a theoretical basis that these effects may be additive, use of ergotamine-containing or ergot-type medications (like dihydroergotamine) and 5-HT1 agonists within 24 hours of each other should be avoided.
• MAO-A inhibitors increase the systemic exposure of the 5-HT1 agonists and concomitant use is contraindicated.
• Concomitant use of more than one 5-HT1 agonist within 24 hours of each other is not recommended.
**Beta Blockers**
- Propranolol
- Atenolol
- Metoprolol
- Timolol

**Antidepressants**
- Amitriptyline
- Fluoxetine

**Calcium Channel Blockers**
- Nifedipine
- Verapamil
- Diltiazem

**Anticonvulsants**
- Divalproex sodium/sodium valproate
- Carbamazepine
- Gabapentin
- Topiramate

**NSAIDs**
- Naproxen
- Aspirin
- Ketoprofen

**Other**
- Feverfew
- Magnesium
- Vitamin B2 (Riboflavin)

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**REFERENCES:**


**References supporting average number of migraine attacks per month:**

11. Eur Neurol 1996; 32 (suppl 2): 24-7 (n=606) ~2.9-3.2 per month.


