

## STEP THERAPY POLICY

- POLICY:** Ophthalmic Anti-Allergics – Mast Cell Stabilizers Step Therapy Policy
- Alocril® (nedocromil sodium 2% ophthalmic solution – Allergan)
  - Alomide® (Iodoxamide tromethamine 0.1% ophthalmic solution – Alcon/Novartis)
  - Cromolyn sodium 4% ophthalmic solution (generic only)

**REVIEW DATE:** 02/14/2024

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### OVERVIEW

The ophthalmic mast cell stabilizers are indicated for the treatment of **allergic conjunctivitis**.<sup>1-3</sup> Cromolyn sodium 4% ophthalmic solution and Alomide are specifically indicated for the treatment of vernal keratoconjunctivitis, vernal conjunctivitis, and vernal keratitis. Alomide is dosed four times daily; Alocril is dosed twice daily; and cromolyn sodium 4% ophthalmic solution is dosed four to six times daily at regular intervals.

### Guidelines

The Conjunctivitis Preferred Practice Pattern® (2018) and Cornea/External Disease Summary Benchmarks (2022) from the American Academy of Ophthalmology state that mast cell stabilizers can be used if the patient's conjunctivitis is frequently recurrent or persistent despite treatment with a topical antihistamine/vasoconstrictor or topical histamine (H1)-receptor antagonist.<sup>4,5</sup> The Panel does not note a preference for one mast cell stabilizer over another.

### POLICY STATEMENT

This program has been developed to encourage the use of a Step 1 Product prior to the use of a Step 2 Product. If the Step Therapy rule is not met for a Step 2 Product at the point of service, coverage will be determined by the Step Therapy criteria below. All approvals are provided for 1 year in duration.

**Automation:** A patient with a of one Step 1 Product within the 130-day look-back period is excluded from Step Therapy.

**Step 1:** generic cromolyn sodium ophthalmic solution

**Step 2:** Alocril, Alomide

### CRITERIA

1. If the patient has tried one Step 1 Product, approve a Step 2 Product.
2. No other exceptions are recommended.

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**REFERENCES**

1. Alomide® ophthalmic solution [prescribing information]. Fort Worth, TX: Alcon; July 2022.
2. Alocril® ophthalmic solution [prescribing information]. Irvine, CA: Allergan; July 2018.
3. Cromolyn sodium ophthalmic solution [prescribing information]. Princeton, NJ: Sandoz; August 2021.
4. Varu DM, Rhee MK, Akpek EK, et al. for the American Academy of Ophthalmology Preferred Practice Pattern Cornea and External Disease Panel. Conjunctivitis Preferred Practice Pattern. *Ophthalmology*. 2019;26(1):94-169.
5. American Academy of Ophthalmology Preferred Practice Pattern Cornea/External Disease Panel, Hoskins Center for Quality Eye Care. Summary benchmarks for preferred practice patten guidelines. Available at: <https://www.aao.org/summary-benchmark-detail/cornea-external-disease-summary-benchmarks-2020>. Updated December 2022. Accessed on January 29, 2024.