

## PRIOR AUTHORIZATION POLICY

**POLICY:** Parkinson's Disease – Nourianz Prior Authorization Policy

- Nourianz® (istradefylline tablets – Kyowa Kirin)

**REVIEW DATE:** 03/20/2024

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### OVERVIEW

Nourianz, an adenosine receptor antagonist, is indicated as adjunctive treatment to carbidopa/levodopa in adults with **Parkinson's disease** experiencing "off" episodes.<sup>1</sup>

### Guidelines

The International Parkinson and Movement Disorder Society published an evidence-based review for treatment for motor symptoms of Parkinson's disease (2018).<sup>2</sup> The review categorically divides treatment recommendations by Parkinson's disease characteristics. Nourianz is noted to be likely efficacious and possibly useful for treatment of motor fluctuations.

### POLICY STATEMENT

Prior Authorization is recommended for prescription benefit coverage of Nourianz. All approvals are provided for the duration noted below. Because of the specialized skills required for evaluation and diagnosis of patients treated with Nourianz as well as the monitoring required for adverse events and long-term efficacy, approval requires Nourianz to be prescribed by or in consultation with a physician who specializes in the condition being treated.

**Automation:** None.

### RECOMMENDED AUTHORIZATION CRITERIA

Coverage of Nourianz is recommended in those who meet the following criteria:

#### FDA-Approved Indication

1. **Parkinson's Disease.** Approve for 1 year if the patient meets ALL of the following (A, B, and C):
  - A) Patient is currently taking carbidopa/levodopa; AND
  - B) Patient is experiencing "off" episodes such as muscle stiffness, slow movements, or difficulty starting movements; AND
  - C) The medication is prescribed by or in consultation with a neurologist.

### CONDITIONS NOT RECOMMENDED FOR APPROVAL

Coverage of Nourianz is not recommended in the following situations:

1. Coverage is not recommended for circumstances not listed in the Recommended Authorization Criteria. Criteria will be updated as new published data are available.

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**REFERENCES**

1. Nourianz® tablets [prescribing information]. Bedminster, NJ: Kyowa Kirin; March 2024.
2. Fox SH, Katzenschlager R, Lim SY, et al. International Parkinson and movement disorder society evidence-based medicine review: Update on treatments for the motor symptoms of Parkinson's disease. *Mov Disord.* 2018;33(8):1248-1266.