

**Blue Cross Blue Shield of Vermont and The Vermont Health Plan**  
**Prior Approval Guidelines**  
**Follistim® (Follitropin beta)**  
**Non-IVF Fertility Uses**

**Description:** A potent agonist of gonadotropin-releasing hormone.

**Covered Indications:**

- 1) This medication is covered for Ovulation induction in women in whom the cause of infertility is functional and not caused by primary ovarian failure.
- 2) Non-in vitro fertilization (IVF) fertility (Natural methods only)

**Reasons for Prior Authorization:**

<input checked="" type="checkbox"/> Cost	<input type="checkbox"/> Potential for misuse
<input type="checkbox"/> Toxicity	<input checked="" type="checkbox"/> Prevention of use for infertility- via in vitro fertilization

**Criteria for Approval:**

- 1) Diagnosis is an FDA-labeled indication **and**
- 2) Patient does not have any contraindications to use (see below)
- 3) Patient has not had a trial of an ovulation induction medication in the last 12 months.

**Reasons for Denial of Benefit:**

- 1) Patient does not meet Criteria for Approval
- 2) Patient has any of the following **contraindications**
  - a) Pregnancy or lactation
  - b) Heavy or Abnormal vaginal bleeding of undetermined origin
  - c) High levels of FSH indicating primary gonadal failure (ovarian or testicular)
  - d) Uncontrolled thyroid or adrenal function
  - e) Hypersensitivity to recombinant hFSH products
  - f) Ovarian cysts or enlargement not due to polycystic ovary syndrome
  - g) Hypersensitivity reactions to streptomycin or neomycin
- 3) Patient is planning pregnancy via in vitro fertilization
- 4) Patient has already had a trial of an ovulation induction medication in the last 12 months.

**Benefit Approval:**

- 1) Non-IVF pregnancy; 4-cycles per calendar year (4 months);  
***Limited to one ovulation induction medication per year.***

**Notes:**

- 1) This medication will not be approved for purposes of IVF fertility

**References:**

- 1) Olin BR, ed. Drug Facts and Comparisons (Updated Monthly). Facts and Comparisons. St. Louis, 1999.