Blue Cross and Blue Shield of Vermont and The Vermont Health Plan
Beta Receptor Blocking Agent
Lyrica® (Pregabalin)
Step Therapy Guidelines

DESCRIPTION: The active ingredient of Lyrica® pregabalin is structurally related to the inhibitory CNS neurotransmitter gamma aminobutyric acid. Pregabalin has also demonstrated analgesic activity. Pregabalin binds with high affinity to the alpha two delta site (an auxiliary subunit of voltage gated calcium channels) in CNS tissue. Although the exact mechanism of action of pregabalin has not been elucidated, binding to the alpha two delta subunit may be involved in pregabalin’s analgesic and anticonvulsant effects.

INDICATION(S): Pregabalin is indicated for the treatment of Seizure Disorders, Neuropathic Pain from Postheptic Neuralgia or Diabetic Neuropathy, and Fibromyalgia

REASONS FOR Step Therapy:
☒ Cost ☐ Potential for misuse ☐ Toxicity

CRITERIA for APPROVAL: 1. Patient had a trial and failure of gabapentin or inadequate pain relief with the following: tricyclic anti-depressant, cyclobenzaprine or tramadol

REASONS for DENIAL of BENEFIT: Patient does not meet above criteria.

BENEFIT APPROVAL: Approval for two years.