

**Clinical Policy: Dextromethorphan-Quinidine (Nuedexta)**

Reference Number: CP.PMN.93

Effective Date: 12.05.17

Last Review Date: 02.26

Line of Business: Commercial, HIM/ICHRA, Medicaid

[Revision Log](#)

See [Important Reminder](#) at the end of this policy for important regulatory and legal information.

**Description**

Dextromethorphan and quinidine (Nuedexta®) is a fixed-dose combination of dextromethorphan hydrobromide, an N-methyl-D-aspartate (NMDA) receptor antagonist and sigma-1 agonist, and quinidine sulfate, a CYP450 2D6 inhibitor.

**FDA Approved Indication(s)**

Nuedexta is indicated for the treatment of pseudobulbar affect (PBA).

**Policy/Criteria**

*Provider must submit documentation (including such as office chart notes, lab results or other clinical information) supporting that member has met all approval criteria.*

It is the policy of health plans affiliated with Centene Corporation® that Nuedexta and dextromethorphan-quinidine are **medically necessary** when the following criteria are met:

**I. Initial Approval Criteria****A. Pseudobulbar Affect** (must meet all):

1. Diagnosis of PBA secondary to multiple sclerosis or amyotrophic lateral sclerosis;
2. Prescribed by or in consultation with a neurologist, neuropsychologist, or psychiatrist;
3. Age  $\geq$  18 years;
4. Baseline Center for Neurologic Study-Lability Scale (CNS-LS) score  $\geq$  13 (*see Appendix D*);
5. If request is for brand Nuedexta, member must use dextromethorphan-quinidine (generic Nuedexta), unless contraindicated or clinically significant adverse effects are experienced;
6. Request does not exceed health plan-approved quantity limit, if applicable;
7. Dose does not exceed 40 mg dextromethorphan and 20 mg quinidine (2 capsules) per day.

**Approval duration: 12 weeks**

**B. Other diagnoses/indications** (must meet 1 or 2):

1. If this drug has recently (within the last 6 months) undergone a label change (e.g., newly approved indication, age expansion, new dosing regimen) that is not yet reflected in this policy, refer to one of the following policies (a or b):
  - a. For drugs on the formulary (commercial, health insurance marketplace/ICHRA) or PDL (Medicaid), the no coverage criteria policy for the relevant line of

- business: CP.CPA.190 for commercial, HIM.PA.33 for health insurance marketplace/ICHRA, and CP.PMN.255 for Medicaid; or
- b. For drugs NOT on the formulary (commercial, health insurance marketplace/ICHRA) or PDL (Medicaid), the non-formulary policy for the relevant line of business: CP.CPA.190 for commercial, HIM.PA.103 for health insurance marketplace/ICHRA, and CP.PMN.16 for Medicaid; or
2. If the requested use (e.g., diagnosis, age, dosing regimen) is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized) AND criterion 1 above does not apply, refer to the off-label use policy for the relevant line of business: CP.CPA.09 for commercial, HIM.PA.154 for health insurance marketplace/ICHRA, and CP.PMN.53 for Medicaid.

## II. Continued Therapy

### A. Pseudobulbar Affect (must meet all):

1. Member meets one of the following (a or b):
  - a. Currently receiving medication via Centene benefit or member has previously met initial approval criteria;
  - b. Member is currently receiving medication and is enrolled in a state and product with continuity of care regulations (*refer to state specific addendums for CC.PHARM.03A and CC.PHARM.03B*);
2. Member is responding positively to therapy as evidenced by, including but not limited to, a decreased frequency of PBA episodes or a decrease in the CNS-LS score of  $\geq 3$  points from baseline (*see Appendix D*);
3. If request is for brand Nuedexta, member must use dextromethorphan-quinidine (generic Nuedexta), unless contraindicated or clinically significant adverse effects are experienced;
4. Request does not exceed health plan-approved quantity limit, if applicable;
5. If request is for a dose increase, new dose does not exceed 40 mg dextromethorphan and 20 mg quinidine (2 capsules) per day.

**Approval duration: 12 months**

### B. Other diagnoses/indications (must meet 1 or 2):

1. If this drug has recently (within the last 6 months) undergone a label change (e.g., newly approved indication, age expansion, new dosing regimen) that is not yet reflected in this policy, refer to one of the following policies (a or b):
  - a. For drugs on the formulary (commercial, health insurance marketplace/ICHRA) or PDL (Medicaid), the no coverage criteria policy for the relevant line of business: CP.CPA.190 for commercial, HIM.PA.33 for health insurance marketplace/ICHRA, and CP.PMN.255 for Medicaid; or
  - b. For drugs NOT on the formulary (commercial, health insurance marketplace/ICHRA) or PDL (Medicaid), the non-formulary policy for the relevant line of business: CP.CPA.190 for commercial, HIM.PA.103 for health insurance marketplace/ICHRA, and CP.PMN.16 for Medicaid; or
2. If the requested use (e.g., diagnosis, age, dosing regimen) is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized) AND criterion 1 above does not apply, refer to the off-label use policy for the relevant line

of business: CP.CPA.09 for commercial, HIM.PA.154 for health insurance marketplace/ICHRA, and CP.PMN.53 for Medicaid.

**III. Diagnoses/Indications for which coverage is NOT authorized:**

- A. Non-FDA approved indications, which are not addressed in this policy, unless there is sufficient documentation of efficacy and safety according to the off label use policies – CP.CPA.09 for commercial, HIM.PA.154 for health insurance marketplace/ICHRA, and CP.PMN.53 for Medicaid, or evidence of coverage documents.

**IV. Appendices/General Information**

*Appendix A: Abbreviation/Acronym Key*

ALS: amyotrophic lateral sclerosis

FDA: Food and Drug Administration

MS: multiple sclerosis

NMDA: N-methyl-D-aspartate

PBA: pseudobulbar affect

*Appendix B: Therapeutic Alternatives*

Not applicable

*Appendix C: Contraindications/Boxed Warnings*

- Contraindication(s): concomitant use with quinidine, quinine, or mefloquine; history of quinidine, quinine or mefloquine-induced thrombocytopenia, hepatitis, or other hypersensitivity reactions; known hypersensitivity to dextromethorphan; use with an MAOI or within 14 days of stopping an MAOI; prolonged QT interval, congenital long QT syndrome, history suggestive of Torsade's de Pointes, or heart failure; complete atrioventricular (AV) block without implanted pacemaker, or patients at high risk of complete AV block; concomitant use with drugs that both prolong QT interval and are metabolized by CYP2D6 (e.g., thioridazine or pimozide).
- Boxed warning(s): none reported.

*Appendix D: General Information*

- Nuedexta was studied in 367 patients with PBA secondary to dementia, stroke, or traumatic brain injury. Although use of Nuedexta resulted in statistically significant improvement from baseline in CNS-LS scores, applicability of this data in clinical practice is limited as the study was open-label and not compared to placebo.
- There is one randomized, double-blind, placebo-controlled phase 2 trial evaluating the use of Nuedexta in 220 patients with aggression or agitation secondary to Alzheimer's disease over 10 weeks. Nuedexta showed that the treatment difference in Neuropsychiatric Inventory (NPI) Agitation/Aggressive scores was -1.8 (95% CI, -2.8 to -0.7,  $p = 0.003$ ) compared to placebo. Although this outcome was statistically significant, it did not meet the prespecified difference of 2.5 points. Also, unlike the total NPI score, use of the single NPI domain of agitation/aggression is not well validated as an endpoint. Additional long-term data is needed to confirm evidence of benefit and safety.
- The CNS-LS is a short (seven-item), self-administered questionnaire, designed to be completed by the patient, that provides a quantitative measure of the perceived frequency of PBA episodes. Each question is scored from 1 (applies never) to 5 (applies most of the

time). A CNS-LS score of 13 or higher may suggest PBA. A complete list of included questions is available at: <https://www.nuedextahcp.com/documents/CNS-LS-English.pdf>

## V. Dosage and Administration

| Indication | Dosing Regimen                                                                | Maximum Dose                               |
|------------|-------------------------------------------------------------------------------|--------------------------------------------|
| PBA        | 1 capsule PO QD for the initial 7 days, then 1 capsule PO BID for maintenance | Dextromethorphan 40 mg/quinidine 20 mg/day |

## VI. Product Availability

Capsules: dextromethorphan hydrobromide 20 mg combined with quinidine sulfate 10 mg

## VII. References

1. Nuedexta Prescribing Information. Aliso Viejo, CA: Avanir Pharmaceuticals, Inc.: December 2022. Available at: <https://www.nuedextahcp.com/>. Accessed October 23, 2025.
2. Miller RG, Jackson CE, Kasarskis EJ, et al. Practice parameter update: the care of the patient with amyotrophic lateral sclerosis: multidisciplinary care, symptom management, and cognitive/behavioral impairment (an evidence-based review). *American Academy of Neurology*. 2009;73:1227-1233.
3. Minden SL, Feinstein A, Kalb RC, et al. Evidence-based guideline: assessment and management of psychiatric disorders in individuals with MS. *American Academy of Neurology*. 2014;82:174-181.
4. Pioro EP, Brooks BR, Cummings J, et al. Dextromethorphan plus ultra low-dose quinidine reduces pseudobulbar affect. *Ann Neurol*. November 2010; 68(5):693-702.
5. Brooks BR, Thisted RA, Appel SH, et al. Treatment of pseudobulbar affect in ALS with dextromethorphan/quinidine: a randomized trial. *Neurology*. October 26, 2004; 63(8):1364-1370.
6. Panitch HS, Thisted RA, Smith RA, et al. Randomized, controlled trial of dextromethorphan/quinidine for pseudobulbar affect in multiple sclerosis. *Ann Neurol*. May 2006; 59:780-787.
7. Hammond FM, Alexander DN, Cutler AJ, et al. PRISM II: an open-label study to assess effectiveness of dextromethorphan/quinidine for pseudobulbar affect in patients with dementia, stroke, or traumatic brain injury. *BMC Neurology*. 2016; 16:89. doi: 10.1186/s12883-016-0609-0.
8. Cummings JL, Lyketsos CG, Peskind ER, et al. Effect of dextromethorphan-quinidine on agitation in patients with Alzheimer disease dementia: a randomized clinical trial. *JAMA*. 2015;314(12):1242-1254.
9. Hammong FM, Sauve W, Ledon F, et. al. Safety, Tolerability, and Effectiveness of Dextromethorphan/Quinidine for Pseudobulbar Affect Among Study Participants With Traumatic Brain Injury: Results From the PRISM-II Open Label Study. *PM&R* 2018 Oct;10(10):993-1003.

| Reviews, Revisions, and Approvals                                               | Date     | P&T Approval Date |
|---------------------------------------------------------------------------------|----------|-------------------|
| 1Q 2022 annual review: no significant changes; references reviewed and updated. | 09.20.21 | 02.22             |

| Reviews, Revisions, and Approvals                                                                                                                                                                 | Date     | P&T Approval Date |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------------|
| Template changes applied to other diagnoses/indications and continued therapy section.                                                                                                            | 10.10.22 |                   |
| 1Q 2023 annual review: for continuation of therapy request, added the following as an option to identify positive response: decreased frequency of PBA episodes; references reviewed and updated. | 10.11.22 | 02.23             |
| 1Q 2024 annual review: added neuropsychologist and psychiatrist as optional specialist prescribers; in Appendix C updated link to CNS-LS questionnaire; references reviewed and updated.          | 10.23.23 | 02.24             |
| 1Q 2025 annual review: no significant changes; corrected reference to Appendix D for additional information on CNS-LS questionnaire; references reviewed and updated.                             | 10.22.24 | 02.25             |
| 1Q 2026 annual review: no significant changes; per template added requirement that “Request does not exceed health plan-approved quantity limit, if applicable”; references reviewed and updated. | 10.23.25 | 02.26             |
| Per SDC request, for brand Nuedexta added redirection to generic; added ICHRA line of business.                                                                                                   | 08.06.26 |                   |

### **Important Reminder**

This clinical policy has been developed by appropriately experienced and licensed health care professionals based on a review and consideration of currently available generally accepted standards of medical practice; peer-reviewed medical literature; government agency/program approval status; evidence-based guidelines and positions of leading national health professional organizations; views of physicians practicing in relevant clinical areas affected by this clinical policy; and other available clinical information. The Health Plan makes no representations and accepts no liability with respect to the content of any external information used or relied upon in developing this clinical policy. This clinical policy is consistent with standards of medical practice current at the time that this clinical policy was approved. “Health Plan” means a health plan that has adopted this clinical policy and that is operated or administered, in whole or in part, by Centene Management Company, LLC, or any of such health plan’s affiliates, as applicable.

The purpose of this clinical policy is to provide a guide to medical necessity, which is a component of the guidelines used to assist in making coverage decisions and administering benefits. It does not constitute a contract or guarantee regarding payment or results. Coverage decisions and the administration of benefits are subject to all terms, conditions, exclusions, and limitations of the coverage documents (e.g., evidence of coverage, certificate of coverage, policy, contract of insurance, etc.), as well as to state and federal requirements and applicable Health Plan-level administrative policies and procedures.

This clinical policy is effective as of the date determined by the Health Plan. The date of posting may not be the effective date of this clinical policy. This clinical policy may be subject to applicable legal and regulatory requirements relating to provider notification. If there is a discrepancy between the effective date of this clinical policy and any applicable legal or regulatory requirement, the requirements of law and regulation shall govern. The Health Plan

retains the right to change, amend or withdraw this clinical policy, and additional clinical policies may be developed and adopted as needed, at any time.

This clinical policy does not constitute medical advice, medical treatment, or medical care. It is not intended to dictate to providers how to practice medicine. Providers are expected to exercise professional medical judgment in providing the most appropriate care, and are solely responsible for the medical advice and treatment of members. This clinical policy is not intended to recommend treatment for members. Members should consult with their treating physician in connection with diagnosis and treatment decisions.

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**Note:**

**For Medicaid members,** when state Medicaid coverage provisions conflict with the coverage provisions in this clinical policy, state Medicaid coverage provisions take precedence. Please refer to the state Medicaid manual for any coverage provisions pertaining to this clinical policy.

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