Intranasal Steroids
Preferred Step Therapy Policy
February 2018

OVERVIEW
Nasal corticosteroids are indicated for the treatment of symptoms of seasonal allergic rhinitis (SAR) and perennial allergic rhinitis (PAR). No clinical studies directly compare all of the agents in this class. In the absence of more comprehensive data, single comparison clinical trials must suffice to give a general indication of the comparability of these agents. Comparative clinical studies suggest that, at equipotent doses, the intranasal corticosteroids have similar efficacy in the treatment of allergic rhinitis (AR) and perhaps non-allergic rhinitis; however, individual responses to agents may vary. The newer single-agent nasal corticosteroids have demonstrated higher topical potency; the clinical significance of this difference in potency has not been established.

Preferred Medications:
- Generic fluticasone propionate
- Generic flunisolide
- Generic triamcinolone acetonide
- Generic budesonide
- Generic mometasone furoate

Nonpreferred Medications:
- Beconase AQ
- Dymista
- Nasonex
- Omnaris
- Qnasl
- Rhinocort
- Ticalast
- Veramyst
- Xhance
- Zetonna

POLICY STATEMENT
This plan design covers generic prescription fluticasone propionate, flunisolide, mometasone furoate, triamcinolone acetonide, and budesonide. Coverage for prescriptions for Beconase AQ®, Dymista®, Nasonex®, Omnaris®, Qnasl®, Rhinocort®, Ticalast®, Veramyst®, Xhance®, Zetonna® are determined through a coverage review process.
**Preferred Step Therapy Criteria**

1. If the patient EXPERIENCED INTOLERANCE (that is, sensitivity, drug allergy, or adverse effect) OR THERAPEUTIC FAILURE with the use of a generic intranasal steroid (for example, fluticasone, flunisolide, mometasone, triamcinolone acetonide nasal spray, or budesonide) then a nonpreferred product may be approved.

**Approval Duration**
Approval = 365 days (1 year)

**References**
- Joint Task Force on Practice Parameters: American Academy of Allergy, Asthma and Immunology; the American College of Allergy, Asthma and Immunology; and the Joint Council of Allergy, Asthma and Immunology. The diagnosis and management of rhinitis: An updated practice parameter. *J Allergy Clin Immunol.* 2008;122(2):S1-S84.
- Flunisolide solution [prescribing information]. Tampa, FL: Bausch & Lomb Inc.; December 2012.
- Triamcinolone acetonide nasal spray [prescribing information]. Sellersville, PA: Teva; August 2013.
- Qnasl® [prescribing information]. Horsham, PA: Teva Respiratory; December 2014.