**XYREM** (sodium oxybate solution)

Effective Date: 4/22/14  
Date Developed: 4/09/14 by Dr/ Robert Sterling  
Last Approval Date: 1/26/16, 1/24/17, 1/23/18, 1/22/19

**Xyrem** is a CNS depressant used in the treatment of narcolepsy. Its mechanism of action is unknown but theorized to be related to the GABA pathways.

**Authorization Criteria:** Treatment of cataplexy and excessive daytime sleepiness in patients with the diagnosis of Narcolepsy

**Dosing:** Starting dose 4.5 grams (g) per night orally in two doses: 2.25 g at bedtime and 2.25 g taken 2.5 to 4 hours later. Increase total dose by 1.5 g per night at weekly intervals to the effective dose range of 6 g to 9 g per night orally. Doses higher than 9 g per night have not been studied.

**Note:** Prescriber must enroll in the Xyrem Success Program and must comply with all requirements to ensure its safe use. [www.XYREM.com](http://www.XYREM.com) (1-866-997-3688).

**PRECAUTIONS:** avoid or minimize the use of other CNS depressants (e.g. alcohol, opioid analgesics, benzodiazepines, sedating antidepressants or antipsychotics, general anesthetics, muscle relaxants, and/or illicit CNS depressants); potential for abuse (gamma hydroxybutyrate [GHB] substitute); adverse neuropsychiatric reactions (confusion, anxiety, paranoia, sleepwalking [parasomnia]);

**DRUG INTERACTIONS:** any drug with potential CNS depressant activity; salt restricted diet (Xyrem is the sodium salt of GHB);

**REFERENCES**


UpToDate 2015: sodium oxybate (gamma hydroxybutyrate): Drug Information

**Revision History:**
Date Approved by P&T Committee: 04/22/14; QAC: 05/27/14
Date Reviewed/No Updates: 1/13/15 by C. Sanders, MD
Date Approved by P&T Committee: 1/27/15
Date Reviewed/No Updates: 1/26/16 by C. Sanders, MD; R. Sterling, MD
Date Approved by P&T Committee: 1/26/16
Date Reviewed/No Updates: 1/24/17 by C. Sanders, MD; R. Sterling, MD
Date Approved by P&T Committee: 1/24/17
Date Reviewed/No Updates: 1/23/18 by C. Sanders, MD; R. Sterling, MD
Date Approved by P&T Committee: 1/23/18
Date Reviewed/No Updates: 1/22/19 by C. Sanders, MD; R. Sterling, MD
Date Approved by P&T Committee: 1/22/19

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