Duloxetine (Cymbalta®) is indicated for the treatment of major depressive disorder (MDD), diabetic peripheral neuropathy (DPN), generalized anxiety disorder (GAD) and fibromyalgia.

The use of duloxetine (Cymbalta®) requires prior authorization (ie, clinical pharmacy and/or Medical Director review).

Duloxetine (Cymbalta®) is approved when one of the following inclusion criteria is met:

- Documentation of neuropathic pain associated with Diabetic Peripheral Neuropathy (DPN) secondary to diabetes with documented use of any diabetic medications
- Documentation of diagnosis of fibromyalgia
- Documentation of a diagnosis of Major Depressive Disorder (MDD) and one of the following:
  - Documentation of a trial and failure or intolerance to two of the following agents:
    - A bupropion-containing product
    - Citalopram
    - Escitalopram (Lexapro®)
    - Fluoxetine
Policy Guideline Exclusion

Duloxetine (Cymbalta®) is denied when all of the following exclusion criteria are met:

- No documentation of neuropathic pain associated with Diabetic Peripheral Neuropathy (DPN) secondary to diabetes with documented use of any diabetic medications
- No documentation of diagnosis of fibromyalgia
- No documentation of a diagnosis of Major Depressive Disorder (MDD) and one of the following:
  - Documentation of a trial and failure or intolerance to two of the following agents:
    - A bupropion-containing product
    - Citalopram
    - Escitalopram (Lexapro®)
    - Fluoxetine
    - Fluvoxamine
    - A paroxetine-containing product
    - Sertraline
    - A venlafaxine-containing product
  - Documentation of stabilization from an institutional setting with Duloxetine (Cymbalta®)
  - Documentation of current stabilization with Duloxetine (Cymbalta®) for over four weeks with corresponding dates
- No documentation of stabilization from an institutional setting with Duloxetine (Cymbalta®)
- Documentation of current stabilization with Duloxetine (Cymbalta®) for over four weeks with corresponding dates

- Documentation of a diagnosis of Generalized Anxiety Disorder (GAD) and one of the following:
  - Documentation of stabilization from an institutional setting with Duloxetine (Cymbalta®)
  - Documentation of current stabilization with Duloxetine (Cymbalta®) for over four weeks with corresponding dates

  - Documentation of a trial and failure or intolerance to two of the following agents:
    - A bupropion-containing product
    - Citalopram
    - Escitalopram (Lexapro®)
    - Fluoxetine
    - Fluvoxamine
    - A paroxetine-containing product
    - Sertraline
    - A venlafaxine-containing product
  - Documentation of stabilization from an institutional setting with Duloxetine (Cymbalta®)
  - Documentation of current stabilization with Duloxetine (Cymbalta®) for over four weeks with corresponding dates
A venlafaxine-containing product
- Documentation of stabilization from an institutional setting with Duloxetine (Cymbalta®)
- Documentation of current stabilization with Duloxetine (Cymbalta®) for over four weeks with corresponding dates

**Policy List of Applicable Drugs**

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cymbalta</td>
<td>duloxetine</td>
</tr>
</tbody>
</table>

**Dosing and Administration**

Refer to the specific manufacturer’s prescribing information for administration and dosage details, contraindications, and Black Box warnings.

**Policy References**


and treatment. Facility and professional providers are independent contractors and are not employees or agents of IBC. If you have a specific medical condition, please consult with your doctor. IBC reserves the right at any time to change or update its Policy Bulletins. © 2008 Independence Blue Cross. All Rights Reserved. Current Procedural Terminology © 2008 American Medical Association. All Rights Reserved.