

Spravato™ (esketamine nasal spray)

When requesting Spravato™ (esketamine nasal spray), the individual requiring treatment must be diagnosed with one of the following FDA-approved indications and meet the specific coverage guidelines and applicable safety criteria for the covered indication.

FDA-Approved Indications

- Treatment-resistant depression in adults, as monotherapy or in conjunction with an oral antidepressant.
- Depressive symptoms in adults with major depressive disorder with acute suicidal ideation or behavior in conjunction with an oral antidepressant.

Coverage Guidelines

Treatment-resistant depression

An individual must meet **ALL** of the following criteria for approval:

- Has demonstrated nonresponse ($\leq 25\%$ improvement in depression symptoms or scores) to at least TWO different antidepressants, each from a different pharmacologic class (e.g., selective serotonin reuptake inhibitors [SSRIs], serotonin-norepinephrine reuptake inhibitors [SNRIs], tricyclic antidepressants [TCAs], bupropion, mirtazapine, etc.);
- Has used each antidepressant at therapeutic dosages for at least 6 weeks in the current episode of depression;
- Has no history of psychosis OR has a history of psychosis and the prescriber believes that the benefits of Spravato outweigh the risks;
- Is 18 years of age or older;
- Spravato is prescribed by or in consultation with a psychiatrist or a mental health provider;
- History of controlled substance prescriptions has been checked using the state prescription drug monitoring program (PDMP).

Approval duration: 6 months

Major depressive disorder with acute suicidal ideation or behavior

An individual must meet **ALL** of the following criteria for approval:

- Has severe major depressive disorder;
- Is currently receiving at least one oral antidepressant (e.g., selective serotonin reuptake inhibitors [SSRIs], serotonin-norepinephrine reuptake inhibitors [SNRIs], tricyclic antidepressants [TCAs], bupropion, mirtazapine, etc.);
- Has no history of psychosis OR has a history of psychosis and the prescriber believes that the benefits of Spravato outweigh the risks;
- Is 18 years of age or older; AND

- Spravato is prescribed by or in consultation with a psychiatrist or a mental health provider.

Approval duration: 2 months

Dosing Recommendations

Major depressive disorder with acute suicidal ideation or behavior

Administer 84 mg intranasally twice weekly for 4 weeks. Dosage may be reduced to 56 mg twice weekly based on tolerability.

Treatment-resistant depression

The recommended dosage for Spravato is administered intranasally as follows:

Induction phase	Weeks 1 to 4: Administer twice per week	Day 1 starting dose: 56 mg Subsequent doses: 56 mg or 84 mg
Maintenance phase	Weeks 5 to 8: Administer once weekly Week 9 and after: Administer every 2 weeks or once weekly	56 mg or 84 mg

References

1. Spravato® nasal spray [prescribing information]. Titusville, NJ: Janssen; April 2025.
2. FDA news release. FDA approves new nasal spray medication for treatment-resistant depression; available only at a certified doctor's office or clinic. March 5, 2019. Available at: <https://www.fda.gov/news-events/press-announcements/fda-approves-new-nasal-spray-medication-treatment-resistant-depression-available-only-certified>. Accessed on January 22, 2025.
3. National Institute of Mental Health. Major Depression. Last updated: July 2023. Available at: <https://www.nimh.nih.gov/health/statistics/major-depression.shtml>. Accessed on January 22, 2025.
4. World Health Organization. Depressive disorder (depression). Last updated: March 31, 2023. Available at: <https://www.who.int/mental-health/prevention/depression>. Accessed on January 22, 2025.
5. Rush AJ, Trivedi MH, Wisniewski SR, et al. Acute and longer-term outcomes in depressed outpatients requiring one or several treatment steps: a STAR*D report. Am J Psychiatry. 2006;163(11):1905-17.
6. Symbyax® capsules [prescribing information]. Indianapolis, IN: Lilly; August 2023.
7. McQuaid JR, Buelt A, Capaldi V, et al. The management of major depressive disorder: synopsis of the 2022 U.S. Department of Veterans Affairs and U.S. Department of Defense clinical practice guideline. Ann Intern Med. 2022;175(10):1440-1451.