Overview
Brexanolone is a neuroactive steroid gamma-aminobutyric acid (GABA)-A receptor positive allosteric modulator that is chemically identical to endogenous allopregnanolone. Zulresso is FDA indicated for the treatment of postpartum depression (PPD) in adults. Zulresso is given as a continual intravenous infusion over 60 hours.

Coverage Guidelines
Approval of Zulresso will be granted if the member meets all following criteria and documentation has been submitted:
1. The member is 18 years of age or older
2. The medication is being prescribed by or in consultation with a psychiatrist.
3. The member is ≤ 6 months postpartum
4. The member does not have active psychosis
5. The member is not actively breastfeeding at the time of treatment
6. The member must be enrolled in the Zulresso REMS Program prior to administration

Limitations
1. Approvals will be granted for one infusion per pregnancy

References
1. Zulresso (brexanolone) [prescribing information]. Cambridge, MA: Sage Therapeutics, Inc; June 2019


**Review History**


05/19/2021- Reviewed for May P&T; no clinical changes.

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