Definitions

Hyperemesis gravidarum (HG) — a severe form of nausea and vomiting in pregnancy, generally described as unrelenting and excessive, which prevents adequate food and fluid intake. HG usually starts before 9 weeks of gestation and may resolve by 22 weeks with the most refractory cases lasting until delivery.

Severe and/or inadequately treated HG is typically associated with:

1. Loss of weight ≥ 5% of pre-pregnancy body weight (usually > 10%)
2. Dehydration (may be evidenced by diagnostic laboratory studies; e.g., urinalysis for ketones and specific gravity, serum electrolytes, liver enzymes and bilirubin, amylase/lipase, TSH, free thyroxine, urine culture, calcium level and hematocrit, etc.)
3. Nutritional deficiencies
4. Difficulty with daily activities

Guideline

Members diagnosed with HG (documentation must support 1–4 above) may be eligible for coverage of home infusion with metoclopramide or ondansetron when a trial of medications, regardless of drug class, fails to relieve symptoms; either:

1. Any 2 oral medications (includes sublingual)
2. Any oral medication and at least 1 rectal medication

The following pharmacologic management guide for nausea, vomiting and dehydration is recommended.

Note: drugs and classes listed not meant to be all-inclusive; dosing protocols not included, as accepted variances exist within the medical community.
1st. Monotherapy — Pyridoxine (vitamin B6)
2nd. Add doxylamine (antihistamine)
3rd. Add Metoclopramide (prokinetic) orally. The following may also be added: Promethazine (antidopaminergic), orally or rectally; or, dimenhydrinate (antihistamine), orally or rectally
4th. Intravenous fluid replacement with thiamine followed by intravenous multivitamins with the addition of dimenhydrinate, metoclopramide or promethazine infusion
5th. Ondansetron 4–8mg orally or IV every 8 hours can be used (see Limitations/Exclusions cautionary information on dosing)
6th. Methylprednisolone (corticosteroid), orally or intravenously, for 3 days with tapering to lowest effective dose over 2 weeks or ondansetron infusion (serotonin antagonist). Methylprednisolone should not be administered before 10 weeks of gestation

Limitations/Exclusions
Ondansetron should not be given IV in doses greater than 16 mg to avoid the potential cardiac risk associated with prolonged QT interval. Antihistamines should be avoided in women taking ondansetron or other medications that prolong the Q-T interval.
Electrolyte and electrocardiogram monitoring are recommended for members being treated with ondansetron who have risk factors for arrhythmia, including family or personal history of prolonged QT interval, heart failure, hypokalemia, hypomagnesemia, and use of other medications that lead to prolongation of the QT interval.

Revision History
12/30/2020 – no policy changes
4/21/2017 — moved Ondansetron from 6th to 5th in the treatment paradigm and added administration protocol and removed time-frame prerequisite prior to IV fluid replacement

Applicable Procedure Codes

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>99601</td>
<td>Home infusion/specialty drug administration, per visit (up to 2 hours)</td>
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<tr>
<td>99602</td>
<td>Home infusion/specialty drug administration, per visit (up to 2 hours); each additional hour (List separately in addition to code for primary procedure)</td>
</tr>
<tr>
<td>J2405</td>
<td>Injection, ondansetron HCl, per 1 mg</td>
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<tr>
<td>J2765</td>
<td>Injection, metoclopramide HCl, up to 10 mg</td>
</tr>
<tr>
<td>S9351</td>
<td>Home infusion therapy, continuous or intermittent antiemetic infusion therapy; administrative services, professional pharmacy services, care coordination, and all necessary supplies and equipment (drugs and visits coded separately), per diem</td>
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<tr>
<td>S9379</td>
<td>Home infusion therapy, infusion therapy, not otherwise classified; administrative services, professional pharmacy services, care coordination, and all necessary supplies and equipment (drugs and nursing visits coded separately), per diem</td>
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Applicable ICD-10 Diagnosis Codes

<table>
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<tr>
<th>Code</th>
<th>Description</th>
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<tbody>
<tr>
<td>O21.0</td>
<td>Mild hyperemesis gravidarum</td>
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<tr>
<td>O21.1</td>
<td>Hyperemesis gravidarum with metabolic disturbance</td>
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References

