



PREFERRED DRUG LIST UPDATES

Integrated (Title 19/21 SMI) and ACC, DD, ALTCS and DCS CHP

Additions:

- Calamine Lotion
- Doxycycline Monohydrate Tablet 100mg
- Metronidazole Gel 1% (Step Therapy Required, Quantity Limit)
- Olmesartan Tablet 20mg (Quantity Limit)
- Olmesartan Tablet 40mg (Quantity Limit)

- Olmesartan Tablet 5mg (Quantity Limit)

- Selenium Sulfide Shampoo 1%
- Triamcinolone Acetonide Ointment 0.05%
- Triprolidine Hcl Drops 0.938mg
- Triprolidine Hcl Liquid 0.625mg (PediaClear PD Liquid)
- Triprolidine Hcl Syrup 2.5mg/5mL (Histex Syrup)

Removals:

- Amcinonide Ointment 0.1%
- Lidocaine Jelly 2%
- Memantine Hcl Tablet Titration Pack
- Metronidazole Capsule 375mg
- Mometasone Furoate Nasal Spray 50mcg
- Selenium Sulfide Shampoo 2.25%
- Vemlidy Tablet 25mg

Other Updates

- None

Behavioral Health (Title 19/21 Non-SMI & Non-Title 19/21)

Additions:

- None

Removals:

- None

Other Updates

- None

** Drugs that are not on the formulary may be available via PA (prior authorization) **

- For the complete preferred drug lists, please refer to the Mercy Care websites below
 - RBHA: <https://www.mercycareaz.org/providers/rbha-forproviders/pharmacy>
 - [Behavioral Health Preferred Drug List](#): For members who qualify under Non-Title 19/21 determined to have a serious mental illness (SMI) or Non-Title 19/21 children/adolescents with a serious emotional disturbance (SED), Mercy Care RBHA fills only behavioral health medications.
 - [Integrated Preferred Drug List](#): For Title 19/21 SMI members, Mercy Care RBHA fills physical health and behavioral health medications.
 - [Crisis Medication List](#): For adults or children who are Non-Title 19/21 and Non-SMI who present in crisis at any of the facility-based psychiatric urgent care centers, detox facilities and/or access point in Maricopa County. The medications on this list will help stabilize an individual in crisis and bridge them to a follow-up outpatient appointment.
 - ACC, DD, ALTCS and DCS CHP: <https://www.mercycareaz.org/providers/complecare-forproviders/pharmacy>

FDA warnings about the use of Melatonin in children

Melatonin is a hormone-like substance produced by an area in the brain called the pineal gland. It is released naturally at night and tells the body it's time to sleep.

Melatonin is regulated by the Food and Drug Administration as a dietary supplement and is a widely available over-the-counter sleep aid for adults and children. Increasing use of over-the-counter melatonin might place children at risk for potential adverse events. Public health initiatives should focus on raising awareness of increasing melatonin ingestions among children and on preventive measures to eliminate this risk.

In 2020, melatonin became the most frequently ingested substance among children reported to national poison control centers. As more families have turned to melatonin as a sleep aid, reports of poisonings in kids have rapidly increased. During the 10-year study period, 260,435 pediatric melatonin ingestions were reported to American Association of Poison Control Centers' National Poison Data System (NPDS). NPDS, and the annual number of ingestions increased 530%. In addition, pediatric melatonin ingestions accounted for 4.9% of all pediatric ingestions reported to poison control centers in 2021 compared with 0.6% in 2012. Pediatric hospitalizations and more serious outcomes due to melatonin ingestions increased during the study period, primarily related to an increase in unintentional ingestions among children aged ≤ 5 years. Five children required mechanical ventilation, and two died.

While studies have shown that short-term use is relatively safe, less is known about longer uses of melatonin. For example, there are concerns about how it might affect a child's growth and development, particularly during puberty. Studies have also found that morning sleepiness, drowsiness, and possible increased urination at night are the most common side effects that occur while taking melatonin. Further, melatonin may interact with other medicines a child takes. Quality controls may contribute to significant sample variability (478%) along with melatonin content varying by as much as 465% between lots of the same product. The most variation was found in the chewable formulation, which is most likely to be used by children. In addition, serotonin, a breakdown product of melatonin, was found in 26% of supplements at potentially clinically significant doses that can increase the risk for serotonin toxicity in children.

Reminder for quicker determinations of a Prior Authorization use the ePA link for Our Providers: Please click [here to initiate an electronic prior authorization \(ePA\)](#) request

References:

1. <https://www.cdc.gov/mmwr/volumes/71/wr/mm7122a1.htm>
2. Gummin DD, Mowry JB, Beuhler MC, et al. 2020 annual report of the American Association of Poison Control Centers' National Poison Data System (NPDS): 38th annual report. *Clin Toxicol (Phila)* 2021;59:1282–501. <https://doi.org/10.1080/15563650.2021.1989785> PMID:34890263
3. Erland LA, Saxena PK. Melatonin natural health products and supplements: presence of serotonin and significant variability of melatonin content. *J Clin Sleep Med* 2017;13:275–81. <https://doi.org/10.5664/jcsm.6462> PMID:27855744

This newsletter is brought to you by the Mercy Care Pharmacy Team. For questions, please email Fanny A Musto (MustoF@mercycaresaz.org), Denise Volkov (VolkovD@mercycaresaz.org) or Trennette Gilbert (gilbert@mercycaresaz.org)