

Specialty Guideline Management

Trelstar

Products Referenced by this Document

Drugs that are listed in the following table include both brand and generic and all dosage forms and strengths unless otherwise stated. Over-the-counter (OTC) products are not included unless otherwise stated.

Brand Name	Generic Name
Trelstar	triptorelin pamoate

Indications

The indications below including FDA-approved indications and compendial uses are considered a covered benefit provided that all the approval criteria are met and the member has no exclusions to the prescribed therapy.

FDA-Approved Indication¹

Trelstar is indicated for the treatment of advanced prostate cancer.

Compendial Uses

- Prostate cancer²
- Preservation of ovarian function⁶⁻⁹
- Breast cancer – ovarian suppression⁹⁻¹¹
- Salivary gland tumor^{2,14}
- Uterine sarcoma²
- Gender dysphoria (also known as transgender and gender diverse [TGD] persons)³⁻⁵

All other indications are considered experimental/investigational and not medically necessary.

Documentation

Submission of the following information is necessary to initiate the prior authorization review, where applicable, test results confirming:

- Androgen receptor (AR) positive status
- Hormone receptor (HR) positive status

Prescriber Specialties¹³

For gender dysphoria, the medication must be prescribed by or in consultation with a provider specialized in the care of transgender youth (e.g., pediatric endocrinologist, family or internal medicine physician, obstetrician-gynecologist) that has collaborated care with a mental health provider for members less than 18 years of age.

Coverage Criteria

Prostate Cancer^{1,2}

Authorization of 12 months may be granted for treatment of prostate cancer.

Preservation of Ovarian Function⁶⁻⁹

Authorization of 3 months may be granted for preservation of ovarian function when the member is premenopausal and undergoing chemotherapy.

Breast Cancer – Ovarian Suppression^{2,9-11}

Authorization of 12 months may be granted for ovarian suppression in premenopausal members with hormone-receptor positive breast cancer at higher risk for recurrence (e.g., young age, high-grade tumor, lymph-node involvement) when used in combination with endocrine therapy.

Salivary Gland Tumor^{2,14}

Authorization of 12 months may be granted for treatment of recurrent, unresectable, or metastatic salivary gland tumor in combination with abiraterone and prednisone when the tumor is androgen receptor positive.

Uterine Sarcoma²

Authorization of 12 months may be granted for treatment of uterine sarcoma in combination with an aromatase inhibitor (e.g. anastrozole, exemestane, letrozole) when the member is premenopausal and not suitable for surgery.

Gender Dysphoria^{3,4}

Authorization of 12 months may be granted for pubertal hormonal suppression in an adolescent member who is seeking gender-affirming care when all of the following criteria are met:

- The member has a diagnosis of gender dysphoria.
- The member is able to make an informed decision to engage in treatment.
- The member has reached Tanner stage 2 of puberty or greater.
- The member's comorbid conditions are reasonably controlled.
- The member has been educated on any contraindications and side effects to therapy.
- The member has been informed of fertility preservation options.

Authorization of 12 months may be granted for gender transition in a member who is seeking gender-affirming care when all of the following criteria are met:

- The member has a diagnosis of gender dysphoria.
- The member is able to make an informed decision to engage in treatment.
- The member will receive the requested medication concomitantly with gender-affirming hormones.
- The member's comorbid conditions are reasonably controlled.
- The member has been educated on any contraindications and side effects to therapy.
- The member has been informed of fertility preservation options.

Continuation of Therapy

Prostate Cancer

Authorization of 12 months may be granted for continued treatment in members requesting reauthorization who are experiencing clinical benefit to therapy (e.g., serum testosterone less than 50 ng/dL) and who have not experienced an unacceptable toxicity.

Breast Cancer – Ovarian Suppression

Authorization of 12 months may be granted (up to 5 years total) for continued treatment in members requesting reauthorization who were premenopausal at diagnosis and are still undergoing treatment with endocrine therapy.

Gender Dysphoria¹²

Authorization of 12 months may be granted for continued treatment for pubertal hormonal suppression in an adolescent member who is seeking gender-affirming care and requesting reauthorization when all of the following criteria are met:

- The member has a diagnosis of gender dysphoria.
- The member is able to make an informed decision to engage in treatment.
- The member has previously reached Tanner stage 2 of puberty or greater.
- The member's comorbid conditions are reasonably controlled.
- The member has been educated on any contraindications and side effects to therapy.
- Before the start of therapy, the member has been informed of fertility preservation options.

Authorization of 12 months may be granted for continued treatment for gender transition in a member who is seeking gender-affirming care and requesting reauthorization when all of the following criteria are met:

- The member has a diagnosis of gender dysphoria.
- The member is able to make an informed decision to engage in treatment.
- The member will receive the requested medication concomitantly with gender-affirming hormones.
- The member's comorbid conditions are reasonably controlled.
- The member has been educated on any contraindications and side effects to therapy.
- Before the start of therapy, the member has been informed of fertility preservation options.

Salivary Gland Tumor and Uterine Sarcoma

Authorization of 12 months may be granted for continued treatment in members requesting reauthorization when there is no evidence of unacceptable toxicity or disease progression while on the current regimen.

Preservation of Ovarian Function

All members (including new members) requesting authorization for continuation of therapy for preservation of ovarian function must meet all requirements in the coverage criteria.

Other

Per state regulatory guidelines around gender dysphoria, age restrictions may apply.

References

1. Trelstar [package insert]. Ewing, NJ: Verity Pharmaceuticals, Inc.; September 2025.

Reference number(s)
1968-A, 6053-A

2. The NCCN Drugs & Biologics Compendium® © 2026 National Comprehensive Cancer Network, Inc. <http://www.nccn.org>. Accessed February 17, 2026.
3. Hembree WC, Cohen-Kettenis PT, Gooren L, et al. Endocrine treatment of gender-dysphoric/gender-incongruent persons: an Endocrine Society clinical practice guideline. *J Clin Endocrinol Metab*. 2017;102(11):3869-3903.
4. Coleman E, Radix AE, Brown GR, et al. Standards of care for the health of transgender and gender diverse people, version 8. 2022;23(Suppl 1):S1-S259. doi: 10.1080/26895269.2022.2100644
5. Micromedex® (electronic version). Merative, Ann Arbor, Michigan, USA. Available at: <https://www.micromedexsolutions.com/> (cited: 02/17/2026).
6. Clowse MEB, Behera MA, Anders CK, et al. Ovarian preservation by GnRH agonists during chemotherapy: a meta-analysis. *J Womens Health (Larchmt)*. 2009 Mar; 18(3): 311–319. doi:10.1089/jwh.2008.0857.
7. Munhoz RR, et al. The role of LHRH agonists in ovarian function preservation in premenopausal women undergoing chemotherapy for early stage breast cancer: A systematic review and meta-analysis. Poster presented at: ASCO; May 29-June 2, 2015; Chicago, IL.
8. Oktay K, Harvey BE, et al: Fertility Preservation in Patients With Cancer: ASCO Clinical Practice Guideline Update. *Journal of Clinical Oncology* 36:1994-2003, 2018.
9. National Comprehensive Cancer Network. NCCN Clinical Practice Guidelines in Oncology: Breast Cancer. Version 1.2026. https://www.nccn.org/professionals/physician_gls/pdf/breast.pdf. Accessed February 17, 2026.
10. AHFS Drug Information. AHFS Clinical Drug Information. Bethesda, MD: American Society of Health-System Pharmacists, Inc. Updated February 4, 2025. Accessed February 17, 2026.
11. Lexi-Drugs. UpToDate Lexidrug. UpToDate Inc. <https://online.lexi.com>. Accessed February 17, 2026.
12. Mahfouda S, Moore JK, Siafarikas A, et al. Puberty suppression in transgender children and adolescents. *Lancet Diabetes Endocrinol*. 2017;5(10):816-826.
13. American College of Obstetricians and Gynecologists' Committee on Gynecologic Practice; American College of Obstetricians and Gynecologists' Committee on Health Care for Underserved Women. Health care for transgender and gender diverse individuals: ACOG Committee opinion, number 823. *Obstet Gynecol*. 2021;137(3):e75-e88.
14. NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines): Head and Neck Cancers. Version 1.2026. Accessed February 17, 2026. https://www.nccn.org/professionals/physician_gls/pdf/head-and-neck.pdf.