This is the email that outlines the problem we discussed today on the phone. Thank you very much for any help you can provide.

We were quite surprised yesterday as calls began coming in from pharmacies requesting we complete prior authorizations for NPH insulin for our patients. NPH insulin is widely used in our Perinatal Diabetes Clinic. Below are some of the reasons we find NPH to be superior to other basal insulins in our pregnant patients.

1. For our gestational patients, the only elevated blood glucose is often their fasting glucose. NPH at bedtime effectively reduces their fasting glucose without causing hypoglycemia the rest of the day (see example below).
2. In all of our pregnant patients receiving basal/bolus insulin with multiple daily injections (Type 1, Type 2 or GDM), we find that NPH more effectively reduces their fasting glucose to the recommended target of 60-95 mg/dl. We have found it is very difficult to reach that fasting target with other basal insulins (Glargine or Detemir). The amount of increase needed to get their FBS to target causes hypoglycemia other times of the day.
3. Most of our patients require 3 meals and 2-3 snacks/day. Reasons for 5-6 smaller meals are related to nausea and inability to eat larger meals later in pregnancy. NPH insulin given in the AM and at bedtime effectively cover those snacks while the rapid acting analog covers the meal. The few women who request to remain on Glargine or Detemir, take multiple boluses a day to cover both meals and snacks.

In addition to the medical benefits of NPH in the pregnant population, NPH is significantly cheaper than other basal insulins that do not require prior authorization, thus increasing the cost to taxpayers. Although NPH is far less expensive than other basal insulins, the $25/vial cost (Reli-on brand at Walmart) is a burden to our Medicaid patients. Therefore we ask that this policy change be re-investigated.

GODMA2 who just started on NPH insulin at bedtime.

Date	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Before Snack	After Snack
Jan 7, 2020	99							
Jan 6, 2020	98			125		108		
Jan 5, 2020	96			123		114		
Jan 4, 2020	102			81 69		113		114
Jan 3, 2020	87	116				134 139 127 103		