

# Anti-Doping Fact Sheet

## Therapeutic Use Exemption

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### What is a Therapeutic Use Exemption (TUE)?

The Therapeutic Use Exemption (TUE) process is a means by which an athlete can obtain approval to use a prescribed prohibited substance or method for the treatment of a legitimate medical condition.

Athletes should advise all medical personnel of their obligation to abide by the anti-doping rules of their sport and that any medical treatment received must not violate these rules.

When prescribed a substance or method, athletes should find out whether the medication is prohibited by checking the Global Drug Reference Online system (Global DRO) at [www.globaldro.co.uk](http://www.globaldro.co.uk). If the medication is not prohibited, athletes can start using the prescribed medication or treatment.

### The Application Process

If the medication is prohibited, athletes should check with their prescribing physician or the sport's medical personnel to see if there are any alternative medications or treatments that are permitted.

If there are no permitted alternatives, athletes should contact their National Governing Body (NGB) or follow the guidance below to find out what type of exemption is required and if a TUE should be applied for prior to use or after doping control.

Only in emergency situations (outlined below) should treatment begin without the necessary approval.

### Example Situation

1. Athlete feels unwell
2. Athlete presents with symptoms to their doctor who makes a diagnosis following a clinical examination/medical tests/consultant review
3. Based on the diagnosis the doctor suggests that the athlete requires medical treatment
4. The athlete should find out whether the medication or method of treatment is prohibited by checking the Global Dro
5. If the proposed treatment is not prohibited, the athlete can start using the prescribed medication or method
6. If the proposed treatment is prohibited, the athlete should check with their prescribing doctor to see if there are any alternative medications or methods that are permitted  
If there are no permitted alternatives, the athlete should then apply for a TUE by completing a TUE application form with the help of their doctor. The following medical evidence is required:
  - 6.1 Initial diagnosis letter and test results to confirm diagnosis
  - 6.2 History of medical condition (if applicable)
  - 6.3 Most recent specialist review letters (if applicable)
  - 6.4 Treatment plan
  - 6.5 A statement from the prescribing physician that no reasonable alternatives exist. If alternatives exist, detail of the alternative medications tried prior to using the prohibited medication (including names, duration of use, dosages), or a medical justification for not using the alternatives will be required

- 6.6 Only in emergency situations (such as an allergic reaction, exacerbation of asthma or the onset of Bell's palsy) should treatment begin without the necessary approval
7. Where an athlete sends their TUE application depends on their sport and level of competition. For the majority of sports, athletes competing at an international level will be required to submit their TUE application to the international federation (IF) of their sport. National level athletes should submit their application to UK Anti-Doping. During Games time, athletes requiring a TUE for Olympic or Paralympic sports must submit their application to the International Olympic Committee (IOC) or International Paralympic Committee (IPC).
8. Once received, the application is screened to ensure that there is sufficient medical evidence for it to be reviewed by the applicable anti-doping organisation's TUE Committee. The athlete will be asked to provide additional information if the application is incomplete. Complete applications are reviewed by the TUE Committee and the athlete is only granted a TUE if the request fulfils the following criteria:
  - 8.1 The Athlete would experience a significant impairment to health if the prohibited substance or prohibited method were to be withheld in the course of treating an acute or chronic medical condition
  - 8.2 The therapeutic use of the prohibited substance or prohibited method would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition. The use of any prohibited substance or prohibited method to increase 'low-normal' levels of any endogenous hormone is not considered an acceptable therapeutic intervention
  - 8.3 There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or prohibited method
  - 8.4 The necessity for the use of the otherwise prohibited substance or prohibited method cannot be a consequence, wholly or in part, of the prior Use, without a TUE, of a substance or method which was prohibited at the time of use
9. If the application is approved, the athlete can start taking the medication for a specific time period following the treatment plan provided in the TUE application. If the athlete's treatment plan changes following the application approval, then the applicable anti-doping organisation must be notified before treatment continues.
10. If the application is declined, the athlete does not have cover to use the medication or treatment method. The athlete may appeal the decision.

### **Further Information**

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[www.ukad.org.uk/about-TUE](http://www.ukad.org.uk/about-TUE)