



Therapeutic Use Exemption (TUE) Checklist

Anaphylaxis

Prohibited Substances: Epinephrine and Glucocorticoids, Inhaled B2 Agonists




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This checklist provides the athlete and their physician with a list of requirements for a TUE application. A TUE application must include a completed form and a medical file that confirms the diagnosis and prescription. If it is not possible to submit all mandatory items on the checklist, please have the treating physician explain why.

A complete application with a medical file will be reviewed by the CCES TUE Committee to assess whether it meets the criteria of the International Standard for Therapeutic Use Exemption (ISTUE). There are no guarantees that a TUE will be granted.

When an application is submitted without a complete medical file the CCES will advise the applicant which documents are missing and ask them to submit them.

<input type="checkbox"/> TUE application form must include:
<input type="checkbox"/> All sections completed in legible handwriting
<input type="checkbox"/> All information submitted in English or French
<input type="checkbox"/> A signature from the prescribing physician
<input type="checkbox"/> Athlete's signature in all appropriate sections
<input type="checkbox"/> A letter from the athlete's prescribing physician confirming they were seen within the current year (see Annex 1 for example)
<input type="checkbox"/> Medical reports should include details of:
<input type="checkbox"/> Medical history: <ol style="list-style-type: none"> 1. onset, timeline of development of symptoms 2. trigger mechanism (e.g., allergen, observation) if known 3. comment on respiratory compromise, collapse, skin/mucosal reaction, gastrointestinal symptoms
<input type="checkbox"/> Physical examination (may be from emergency department, including blood pressure, respiratory rate, skin/mucosal reaction)
<input type="checkbox"/> Treatment prescribed: time and date, dosage, frequency, route of administration for each substance: <ol style="list-style-type: none"> a) Acute management (epinephrine/adrenaline and systemic glucocorticoids are prohibited in competition: nebulised beta-2-agonists are prohibited at all times; IV fluids are prohibited unless treatment is received in hospital) b) Maintenance/prevention: epinephrine autoinjector (prohibited in competition only)
<input type="checkbox"/> Diagnostic tests:
<input type="checkbox"/> Ambulance or emergency department/hospital records, where available
<input type="checkbox"/> Laboratory tests (e.g., tryptase levels), if relevant and available 
<input type="checkbox"/> Photographic evidence of skin reaction, if relevant and available
<input type="checkbox"/> Skin prick test or other allergy testing

For more information about WADA's ISTUE criteria and additional information about the documentation to be submitted, please visit [WADA's TUE Physician Guidelines – Anaphylaxis](#).