



Therapeutic Use Exemption (TUE) Checklist

Inflammatory Bowel Disease

Prohibited Substances: Glucocorticoids

CANADIAN CENTRE
FOR ETHICS IN SPORT

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POUR L'ÉTHIQUE

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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, family history, relevant signs and symptoms, age of initial presentation, subsequent course of disease
<input type="checkbox"/> Findings of physical examination and specific investigations (serology, radiology, endoscopy, hi-tech imaging, histology)
<input type="checkbox"/> Interpretation of results by specialist physician (gastroenterologist) and application of appropriate diagnostic index (SCCAI, CDAI, HBI)
<input type="checkbox"/> Use of systemic glucocorticoids (dosage, frequency, administration route)
<input type="checkbox"/> Response to treatment (control and frequency of flare-ups/remission)
<input type="checkbox"/> Use of permitted immunomodulators and biologicals
<input type="checkbox"/> Diagnostic test results should include copies of:
<input type="checkbox"/> Relevant laboratory tests (e.g., serology stool/hemocult test)
<input type="checkbox"/> Imaging findings (X-ray, barium enema, gastro-, entero-, colonoscopy, CT, MRI)
<input type="checkbox"/> Histology test results from biopsies

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