



Therapeutic Use Exemption (TUE) Checklist

Musculoskeletal Conditions

Prohibited Substance: Glucocorticoids by oral, rectal, or injectable routes (for narcotics or cannabis, see the Pain Management Checklist)

CANADIAN CENTRE
FOR ETHICS IN SPORT

CENTRE CANADIEN
DANS LE SPORT
POUR L'ÉTHIQUE

201-2723 chemin Lancaster Rd
Ottawa ON Canada K1B 0B1
Tel/Tél + 1 613 521 3340
+ 1 800 672 7775
Fax/Télé + 1 613 521 3134
info@cces.ca www.cces.ca

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.

Glucocorticoids are prohibited only in competition and when taken prior to competition, particularly during the washout period, it may result in a positive anti-doping test in competition. To determine **if and when** an athlete should apply for a TUE, refer to the [Glucocorticoids and Therapeutic Use Exemptions Guidelines](#).

<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: symptoms; first or recurrent manifestation, including dates; course of disease, including disease activity scores, if applicable
<input type="checkbox"/> Findings on examination
<input type="checkbox"/> Interpretation of symptoms, signs and test results by the physician
<input type="checkbox"/> Diagnosis
<input type="checkbox"/> Medication prescribed, including dosage, frequency, administration route (note that glucocorticoids are prohibited by some routes and in competition only)
<input type="checkbox"/> Response to other non-prohibited treatments, where applicable
<input type="checkbox"/> Explain why a glucocorticoid was the appropriate treatment considering the functional consequences of the injury or disease
<input type="checkbox"/> Diagnostic test results should include copies of:
<input type="checkbox"/> Imaging findings (X-ray, CT, ultrasound, MRI). For simple acute injuries (e.g., bursitis), it is recognized that imaging may not be necessary or readily available.
<input type="checkbox"/> Laboratory tests

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

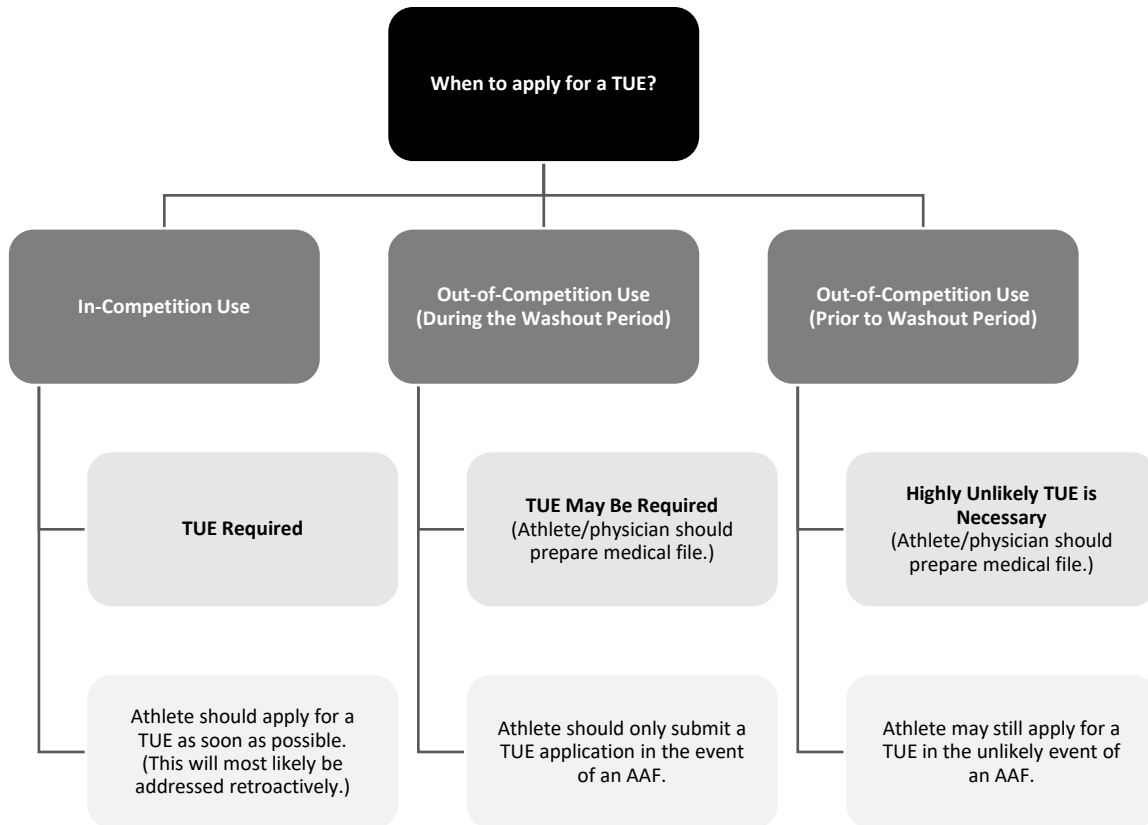
Washout Periods Following Administration of Glucocorticoids

Route	Glucocorticoid	Washout Period
Oral*	All glucocorticoids;	3 days
	Except: triamcinolone; triamcinolone acetonide	10 days
Intramuscular	Betamethasone; dexamethasone; methylprednisolone	5 days
	Prednisolone; prednisone	10 days
	Triamcinolone acetonide	60 days
Local injections (including periarticular, intra-articular, peritendinous and intratendinous)	All glucocorticoids;	3 days
	Except: prednisolone; prednisone; triamcinolone acetonide; triamcinolone hexacetonide	10 days
Rectal	All glucocorticoids	3 days
	Except: triamcinolone diacetate; triamcinolone acetonide	10 days

*Oral routes also include e.g. oromucosal, buccal, gingival and sublingual.

Source: [Glucocorticoids and Therapeutic Use Exemptions Guidelines](#), page 3. Figure 1: GC Washout Table

When to Apply for a TUE



Source: [Glucocorticoids and Therapeutic Use Exemptions Guidelines](#), page 4. Figure 2: When to Apply for a TUE.