



Therapeutic Use Exemption (TUE) Checklist

Anaphylaxis



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This Checklist is to guide the athlete and their physician on the requirements for a TUE application that will allow the TUE Committee to assess whether the relevant ISTUE Criteria are met.

Please note that the completed TUE application form alone is not sufficient; supporting documents **must** be provided. A completed application and checklist DO NOT guarantee the granting of a TUE. Conversely, in some situations a legitimate application may not include every element on the checklist.

The documents included in your medical file must confirm your diagnosis and prescription and include:

<input type="checkbox"/> A duly completed TUE application form;
<input type="checkbox"/> A letter from your physician confirming you were seen within the current year (See Annex 1 for sample);
<input type="checkbox"/> Medical report should include details of:
<input type="checkbox"/> Medical history: <ol style="list-style-type: none">1. Onset, timeline of development of symptoms2. Trigger mechanism (e.g., allergen, observation) if known3. Comment on respiratory compromise, collapse, skin/mucosal reaction, gastrointestinal symptoms
<input type="checkbox"/> Physical examination (may be from emergency department – 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 auto injector (prohibited in-competition)
<input type="checkbox"/> Diagnostic test results should include copies of:
<input type="checkbox"/> Ambulance or emergency department/hospital records – where applicable
<input type="checkbox"/> Laboratory tests (e.g. tryptase levels) – not always performed and not mandatory
<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 submit, please visit WADA's [Medical Information to Support the Decisions of TUECs – Anaphylaxis](#).