



# Check Your Medications

Therapeutic Use Exemption (TUE) Policy

**THE  
IRISH SPORTS  
COUNCIL**



AN CHOMHAIRLE SPÓIRT

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# Introduction

The World Anti-Doping Agency (WADA) issues a Prohibited List in January each year, identifying substances and methods prohibited in- and out-of-competition and in particular sports, classified by categories (e.g. steroids, stimulants, gene doping).

To give athletes - and their prescribing doctors - a clearer understanding of the processes involved in checking their medications and the use of Therapeutic Use Exemptions (TUE) in the world of sport, the Irish Sports Council (ISC) has developed this document. Adherence to the policy ensures an athlete's eligibility to compete.

To ensure that they do not use a prohibited substance inadvertently, or where a prohibited substance needs to be used for a legitimate medical reason, athletes can check their prescribed and over-the-counter medications based on where the medication is purchased.

If an athlete cannot find a medication on the resources listed below, he/she should not assume that it is permitted and should instead contact the Irish Sports Council for advice.

An athlete should never assume that a medication for sale in another country which has the same name/similar packaging etc. will have the same ingredients – it needs to be checked based on where it is purchased.

## Resources to check medications against the WADA Prohibited List

	Republic of Ireland Drugs in Sport Database on <a href="http://www.eirpharm.com">www.eirpharm.com</a>
	For instance access to the Drugs in Sport Database, download the free <a href="#">Medication Checker App</a> on iPhone or Android
	A Doctor, Consultant or Pharmacist can check a monthly publication called <a href="#">MIMS Ireland</a>
	Northern Ireland/ UK/ USA/ Canada Global Drug Reference Online <a href="http://www.globaldro.com">www.globaldro.com</a> <a href="http://www.globaldro.com/m">www.globaldro.com/m</a> (mobile site)
	Rest of the World a) Use the Medication World Map on <a href="http://www.irishsportsCouncil.ie/tue">www.irishsportsCouncil.ie/tue</a> to check if there are any resources for checking medication status in the country where you purchase the medication b) Check medication against the current WADA Prohibited List on <a href="http://www.wada-ama.org">www.wada-ama.org</a> - print off the Prohibited List or download the Prohibited List on your smartphone. Ask a sports pharmacist or doctor to assist you when checking

If in doubt, check with the Irish Sports Council ([antidoping@irishsportsCouncil.ie](mailto:antidoping@irishsportsCouncil.ie), Tel: 00353-1-8608800. Please Note: These resources are for licensed medications only - you cannot check sports supplements, health food shop products or unlicensed products on these resources - see the ISC leaflet "Supplements and Sports Food Policy" for full information.

## You have checked your medicine and it is prohibited - what do you do next?

If the medication an athlete needs to take to treat an illness or condition is prohibited, the athlete and his/her prescribing doctor should adhere to the Therapeutic Use Exemption (TUE) Policy outlined below.

### Therapeutic Use Exemption (TUE) Policy

Following its amendment to the Irish Anti-Doping Rules in April 2010, the Irish Sports Council established a TUE Policy based on the level that athletes compete at, which determines whether athletes need to apply to the Irish Sports Council or their International Federation (IF) for a TUE.

If applying to the ISC, athletes must ascertain whether to apply for a TUE before using a prohibited substance (a Pre-Test TUE) or whether they are entitled to apply for a TUE following a drug test (a Post-Test TUE).

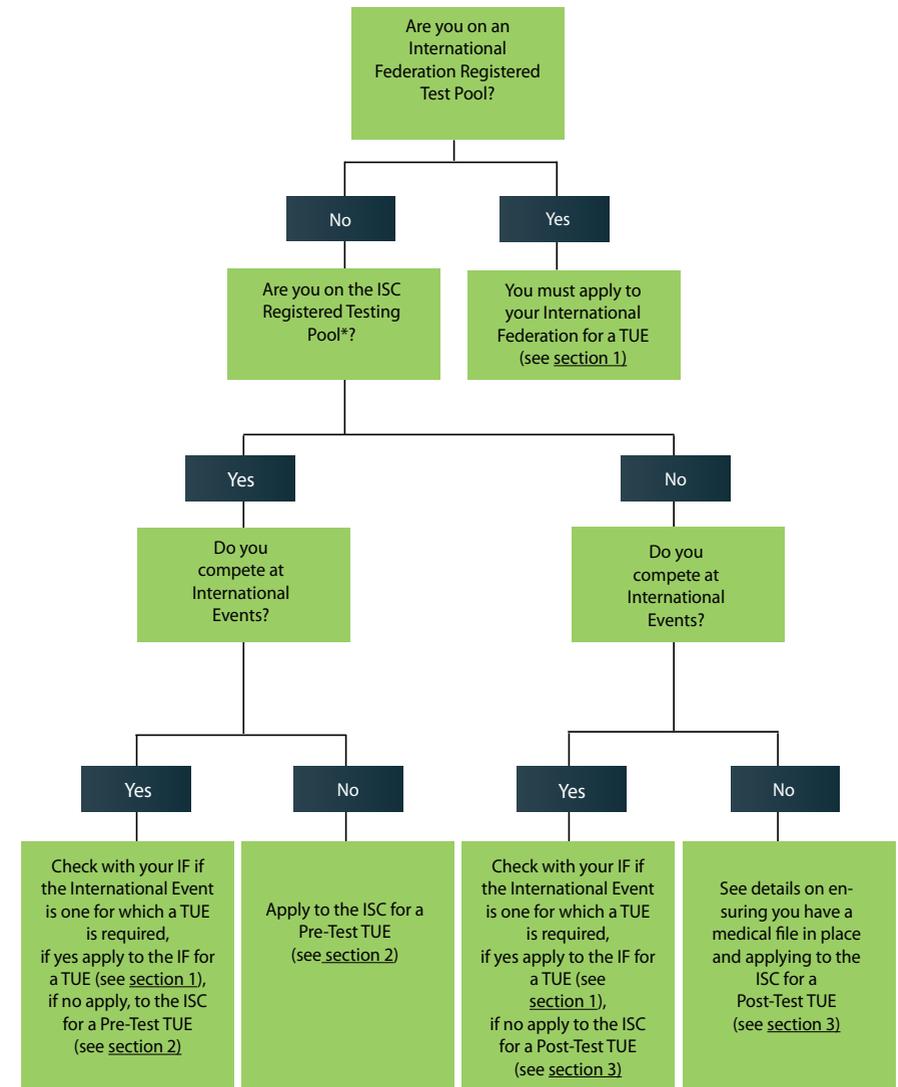
Athletes can use the TUE Flowchart to ascertain if they need to apply to their IF or the ISC for a TUE, and also if they must apply for a Pre-Test TUE or use the option of Post-Test TUE.

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Check out [www.irishsportsCouncil.ie/tue](http://www.irishsportsCouncil.ie/tue) for further guidance on topics such as Respiratory and Asthma Medications, Medical Advisory Notes and the Supplements and Sports Foods Policy.

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### TUE Flowchart



\*The Registered Testing Pool is a pool of athletes who are subject to both in- and out-of-competition testing, who must meet whereabouts requirements of the ISC. Individual athletes are informed in writing of their inclusion in the RTP.

## Section 1: Applying to your International Federation (IF) for a TUE

Under the WADA Code Article 4.4 "Athletes who have been identified as included in their International Federation's Registered Testing Pool may only obtain therapeutic use exemptions in accordance with the rules of their International Federation. Each International Federation shall publish a list of those international Events for which a therapeutic use exemption from the International Federation is required".

If the flowchart suggests that an athlete should apply to the IF for a TUE, they should contact their sport's Anti-Doping Officer or contact their IF directly to find out if the International Events they compete in are on the list requiring application for a TUE from the IF.

## Section 2: Pre-Test TUE

If the flowchart suggests that an athlete should apply for a Pre-Test TUE before they take the medication, follow the section entitled "How to apply for a TUE". Athletes should not take the prohibited medication until they have received a Certificate of Approval from the ISC.

In the case of a medical emergency where medical personnel need to administer medications immediately, athletes must contact the ISC/IF as soon as possible afterwards to seek advice on making a TUE Application for this emergency treatment.

## Section 3: Post-Test TUE

If the flowchart suggests that an athlete can apply for a Post-Test TUE, this means that if an Adverse Analytical Finding (AAF) shows a prohibited substance in the athletes' sample following a drug test, the Irish Sports Council will contact the athlete to offer the opportunity to make a Post-Test TUE application for the substance, within specified timelines.

All athletes are urged to ensure that their doctor keeps their medical file\*\* up to date at all times, (see the navy Medical File box for details), thereby they will be in a position to make this Post-Test TUE application, if required. If an athlete is unable to prove through their TUE application that they used the Prohibited Substance or Prohibited Method for a legitimate therapeutic purpose, the AAF will stand and the National Governing Body will start proceedings for a Disciplinary Hearing, as per the Irish Anti-Doping Rules.

If the TUE Committee reviews the medical file and is satisfied that an athlete used the Prohibited Substance or Method for a legitimate purpose, the AAF is not pursued and no further action is taken.

## How to apply for a TUE

- > Apply at least 30 days prior to your next competition in order to allow sufficient time for your application to be processed.
- > You should not take the prohibited medication until you have received a Certificate of Approval, except in a medical emergency where you should contact the Irish Sports Council/ International Federation immediately.
- > Download a TUE Application form from [www.irishsportsCouncil.ie/tue](http://www.irishsportsCouncil.ie/tue) or request a form from the TUE Secretariat - Tel: +353-1-8608818, Email: [tue@irishsportsCouncil.ie](mailto:tue@irishsportsCouncil.ie)
- > If a permitted medication can be used to treat the medical condition, the prescribing doctor must provide clinical justification on the TUE Application form for the requested use of the prohibited medication.
- > The PRESCRIBING doctor must complete and sign the TUE Application form which should be accompanied by a medical file\*\*

### Medical File:

All TUE applications MUST be accompanied by a medical file\*\* reflecting current best medical practice to include:

- 1) a complete medical history
- 2) copies of all relevant examinations and clinical notes (for example, if you reference a clinic visit in a letter or summary, you must include a copy of the clinical notes taken during the visit).
- 3) copies of laboratory results/reports, and imaging studies
- 4) Exact name, speciality, address (including telephone, e-mail, fax) of examining physician.

For asthma TUE applications, the medical file should also specifically include:

- 5) A comprehensive report of the clinical examination with specific focus on the respiratory system
- 6) A report of spirometry with the measure of the Forced Expiratory Volume in 1 second (FEV1)
- 7) If airway obstruction is present, the spirometry will be repeated after inhalation of a short acting beta-2 agonist to demonstrate the reversibility of bronchoconstriction
- 8) In the absence of reversible airway obstruction, a bronchial provocation test is required to establish the presence of airway hyperresponsiveness.

> Submit the TUE Application Form and medical file by post, fax or email (scanned copy)

> The TUE application will be considered by the TUE Committee which consists of several medical professionals. The Committee will make a decision to grant or reject the TUE application based on TUE Guidelines published by the World Anti-Doping Agency.

> You will be informed of the outcome in writing; your National Governing Body, and where applicable your International Federation and/or WADA, will receive a copy of the Certificate of Approval/Notice of Rejection. The Certificate of Approval will have an expiry date and it is the responsibility of the athlete to reapply for a TUE where necessary. Note: The Certificate of Approval is only valid for the substances(s) listed in your Certificate and should your treatment, dosage or situation changes, you must contact the TUE Secretariat of the Irish Sports Council immediately as you may need to reapply for a new TUE for the change of treatment or change of dosage.

## Declaration of Use Policy

The World Anti-Doping Agency (WADA) removed the requirement for a Declaration of Use from 01 January 2011; however athletes are reminded that they should declare all medications and supplements taken in the 14 days prior to drug testing on the Doping Control Form at the time of testing.

Note: Abbreviated TUEs, which were used under a previous system are no longer valid - you should check the current status of the medication and apply for a TUE where necessary.

### In Summary:

- > Check the status in sport of all prescribed and over-the-counter medications
- > Read the Irish Sports Council leaflet "[Supplements and Sports Food Policy](#)" for full information on the risks associated with supplement use
- > Show your doctor this leaflet and ask them to check the status of your medications, ensuring you have a medical file in place for any prohibited substances, and apply for a TUE if necessary
- > Contact the Irish Sports Council if you have any queries on medications, Therapeutic Use Exemptions or any other aspect of the Irish Anti-Doping Programme

### In Summary:

Check out [www.irishsportsCouncil.ie/tue](http://www.irishsportsCouncil.ie/tue) for more information on Anti-Doping including what happens in a drugs test, rules and sanctions, e-learning programmes and more.



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