



Therapeutic Use Exemption (TUE) Checklist

Sinusitis/Rhinosinusitis

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FOR ETHICS IN SPORT

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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: exact symptoms (>2 of the following: facial pain, nasal obstruction, nasal purulence/discharge, hyposmia/anosmia), intensity (incl. improvement or worsening) and duration of symptoms in days/weeks
<input type="checkbox"/> Findings on examination: congestion/obstruction, pressure pain, discharge, smell
<input type="checkbox"/> Diagnosis
<input type="checkbox"/> Pseudoephedrine and/or glucocorticoid dosage, frequency, administration route (both are only prohibited in-competition, glucocorticoids only when applied systemically, and pseudoephedrine if exceeding therapeutic dose of 240 mg daily or if given in an extended release format)
<input type="checkbox"/> Explain why alternative non-prohibited treatment is not used/sufficient and state expected duration of treatment
<input type="checkbox"/> Diagnostic test results should include copies of:
<input type="checkbox"/> Laboratory tests are not mandatory
<input type="checkbox"/> Imaging findings or other investigations (Only chronic conditions require confirmation by CT or endoscopy)

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 – Sinusitis/Rhinosinusitis](#).