

Medications and TUEs



Checking Medications

Why is it important?



Your medication may contain prohibited substances

If prescribed by a doctor or bought over-the-counter



It is **YOUR** responsibility to check your medications **BEFORE** using it

Even if you have used it before



If it is prohibited you may need a TUE, but **FIRST** you should check with your doctor if there are any permitted alternatives

A TUE will only be considered if no permitted alternatives exist, or a trial of permitted alternatives was unsuccessful.



"athletes are responsible for informing medical personnel of their obligation not to Use Prohibited Substances and Prohibited Methods and to take responsibility to make sure that any medical treatment received does not violate the anti-doping rules"



Checking Medications

How do I find out if my medication is prohibited?



- Check the anti-doping status using Global DRO

- Check for medication brands and/or ingredients
- Remember to re-check at the start of each year
- If you can't find your medication email substance@ukad.org.uk



Medications bought abroad may contain different substances to those bought in the UK

www.globaldro.com/home/index



new brands
added to the UK
Global DRO site

116



262,601

searches performed
on the UK Global
DRO site



Checking Medications

What happens if you get it wrong?

www.bbc.co.uk/sport www.theguardian.com

BBC
SPORT

The
Guardian

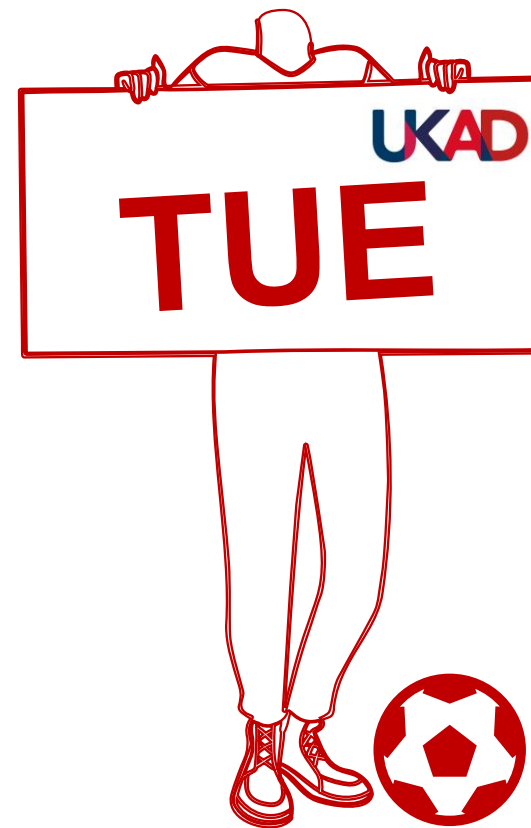
"I want to make clear that the medication had no performance-enhancing effects for me, but I still made the mistake of not being as diligent as possible...While my dermatologist is aware of my profession, it is also my responsibility to know more about the medications I am prescribed."

The arbitration panel found that the athlete did not take the substance deliberately and used it for a "recognised medical condition". However, that they had taken "no steps to check if the medication contained banned substances".



Therapeutic Use Exemptions

What is a TUE?





Therapeutic Use Exemptions

How do I find out if I need to apply for a TUE?



www.ukad.org.uk/tue-wizard

- ① If you need a TUE
- ② Who you need to apply to
- ③ How to apply



submissions
performed on the
TUE Wizard

187



Therapeutic Use Exemptions

What do I need to do if I am in the National TUE Pool?



It is **YOUR** responsibility to know if you are included in the National TUE Pool for your sport

If you are unsure contact your NGB or UKAD



Athletes in UKAD's National TUE Pool are required to apply for and obtain a TUE in **ADVANCE** of starting treatment

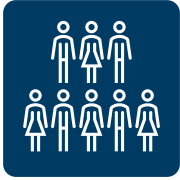
Unless there are exceptional circumstances



International-level athletes are required to apply to their International Federation.

Contact your International Federation to find out



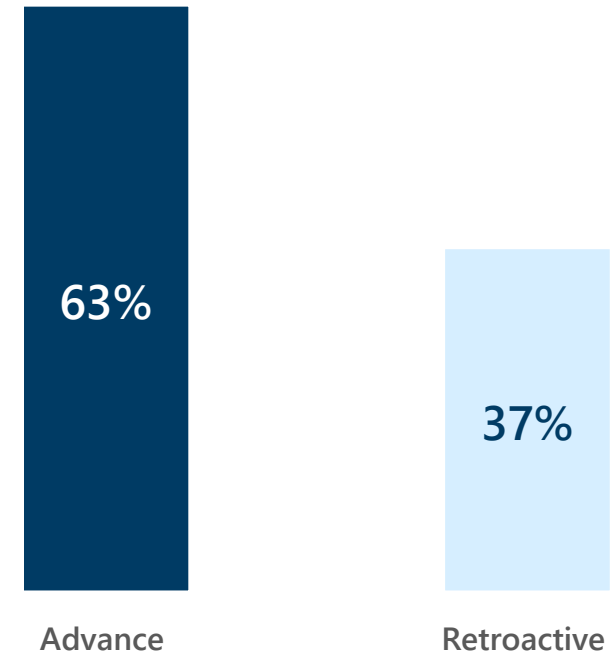


Therapeutic Use Exemptions

National TUE Pool - Exceptions

- ① Emergency or urgent situation
- ② When treatment commenced prior to inclusion in the National TUE Pool
- ③ Receipt of a local glucocorticoid injection

90 TUE Applications



Percentage of advance and retroactive applications reviewed in 2021.



Therapeutic Use Exemptions

Retroactive Process



- Declare the substance on the DCF
- Notify UKAD that you wish to apply for a retroactive TUE
- Submit TUE application form and supporting documents



Check the National TUE Pool regularly and if your competition status changes



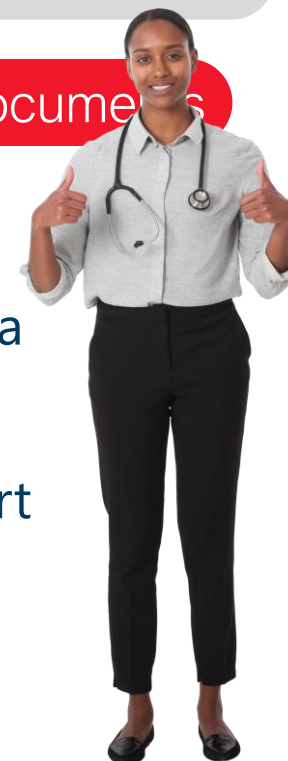
The medication is needed to treat a diagnosed medical condition



There is clinical evidence to support the diagnosis



No suitable permitted alternatives exists





Therapeutic Use Exemptions

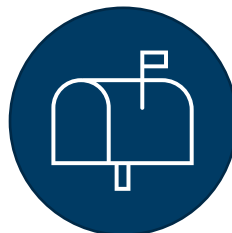
How do I apply for a TUE?



- ① Medical History
- ② Recent clinic review letters
- ③ Justification over permitted alternatives



tue@ukad.org.uk



84 TUE approvals
6 TUE rejections



Therapeutic Use Exemptions

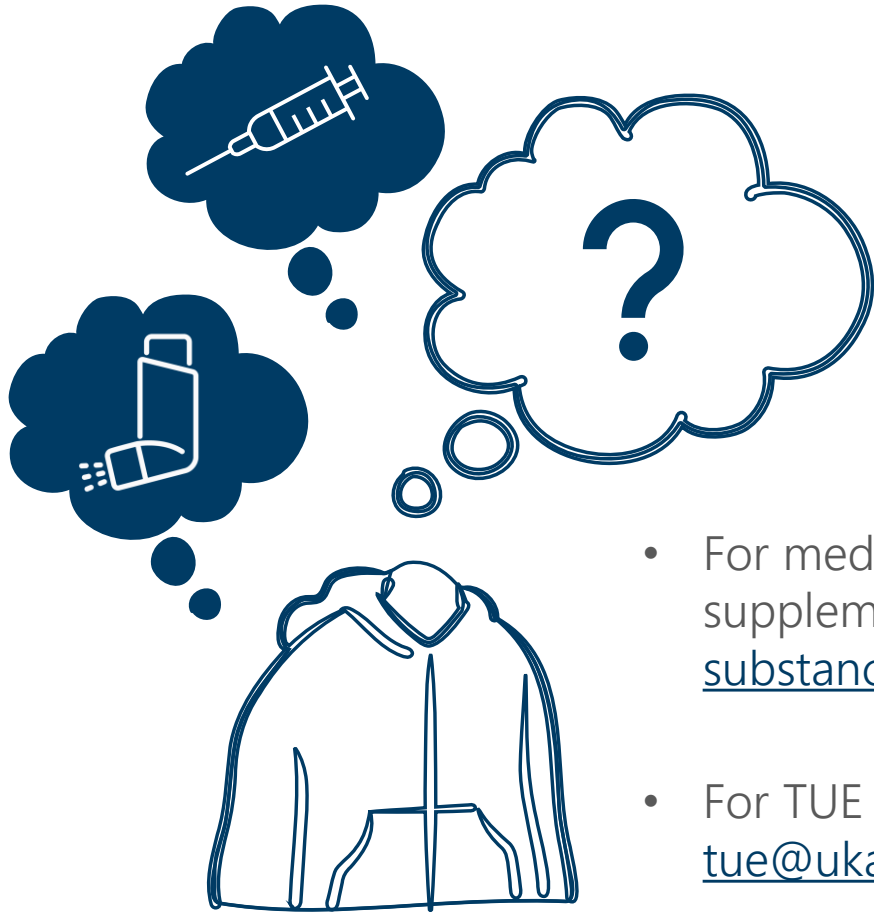
Are there any resources available to help me apply?





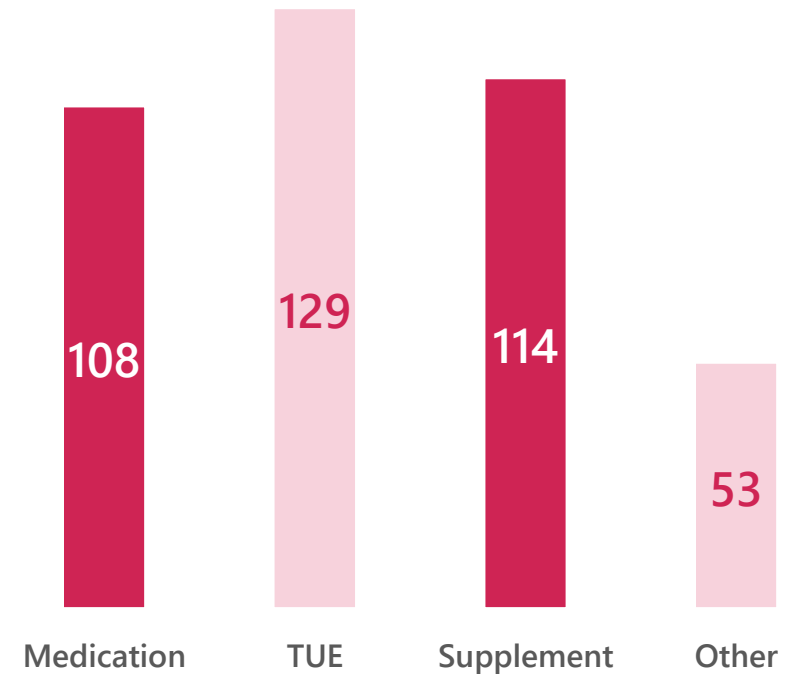
Science and Medicine

Substance Enquiry Service



- For medication and supplement enquiries email substance@ukad.org.uk
- For TUE enquiries email tue@ukad.org.uk

404 Enquiries



Number of TUE, medicine and supplement enquiries responded to in 2021.



Therapeutic Use Exemptions

Key Messages

- ① Check your medications on Global DRO
- ② Understand what a TUE is and when to apply – use the TUE Wizard to find out
- ③ Know whether you are included within the National TUE Pool for your sport
- ④ If you are considered to be within the National TUE Pool you must apply for a TUE in advance of treatment

For more information on TUEs, and to download all available resources, visit the Medicine and TUE Hub on UKAD's website - www.ukad.org.uk/medicine