

## **Guidance Notes on Therapeutic Use Exemption (TUE) Applications**

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### **Declaring the Use of Non-Systemic Glucocorticosteroids**

Athletes are no longer required to apply for an abbreviated TUE for non-systemic glucocorticosteroids but must declare to UK Sport when glucocorticosteroid use begins.

#### **Routes of administration that require a declaration of use**

A declaration of use is limited to glucocorticosteroids that are administered by:

- Localised injection (intraarticular, periarticular, peritendinous, epidural and intradermal)
- Inhalation

Athletes are reminded that:

(1) A Therapeutic Use Exemption is still required for glucocorticosteroids administered by oral, intravenous, intramuscular or rectal routes.

(2) Topical preparations (e.g. eye drops, nasal sprays, creams, & ointments) containing a glucocorticosteroid are not prohibited and **DO NOT** require either a TUE or a declaration of use.

(3) Combination inhalers (e.g. Symbicort, Seretide, Fostair) containing both a glucocorticosteroid and beta-2 agonist do not require a declaration of use. Instead the Athlete must declare the use of the glucocorticosteroid with the beta-2 agonist substance when making a TUE application for the use of the combination inhaler.

#### **How to make a declaration of use**

Athletes in UK Sport's National Registered Testing Pool (NRTP) must make their declaration of use through ADAMS (Anti-Doping Administration & Management System).

All other Athletes (not in UK Sport's NRTP) must make their declaration of use on UK Sport's online form at <https://declaration.uk sport.gov.uk/>.

#### **When to make a declaration of use**

Athletes must make the declaration of use at the time when glucocorticosteroid use begins.

A declaration is required:

- Every time an injection is administered
- When a glucocorticosteroid inhaler is (1) used for the first time or (2) has not previously been declared.

#### **Who can make a declaration of use?**

Athlete support personnel can make the declaration on behalf of their athlete but it is **ALWAYS** the Athlete's responsibility to ensure that the declaration is made and is accurate.

Where feasible the online declaration should be made in the presence of the prescribing physician.

**Information required to make a declaration of use**

Athletes are strongly encouraged to get their prescribing physician to complete the information below if the declaration cannot be made in the presence of the physician. This is to enable the Athlete to complete the declaration themselves accurately.

(1) Diagnosis:

(2) Generic name of Glucocorticosteroid(s):

(3) Dosage & Units:

(4) Medical Practitioner Name, Address & Phone Number:

**Are there any requirements at Doping Control?**

In addition to declaring the use of a glucocorticosteroid through ADAMS or UK Sport's online form, Athletes must also declare the use of the glucocorticosteroid in question on the Sample Collection Form (see below the section of the Sample Collection Form where the declaration needs to be made). Athletes must tick yes to make the declaration of use on the Sample Collection Form.

<b>25 I HAVE HAD A LOCALISED GLUCOCORTICOSTEROID INJECTION IN THE LAST 4 WEEKS</b>	YES <input type="checkbox"/>	NO <input type="checkbox"/>
<b>26 I HAVE USED A GLUCOCORTICOSTEROID INHALER IN THE LAST 4 WEEKS</b>	YES <input type="checkbox"/>	NO <input type="checkbox"/>

For further information please contact Nick Wojek, Medical Coordinator at [tue@uksport.gov.uk](mailto:tue@uksport.gov.uk).