

# Therapeutic Use Exemptions



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# What?

As an athlete, you may have an illness or condition that requires a particular medication. If this medication appears on the Prohibited List, you may be granted a **Therapeutic Use Exemption (TUE)** which gives you permission to take it.



# Why?

TUEs ensure that you are able to obtain treatment for a legitimate medical condition—even if that treatment requires a prohibited substance or method.

**The TUE process avoids the risk of sanctions due to a positive test.**

# Who?

Any athlete who may be subject to doping control must request a **TUE before** taking a prohibited medication. All information in this request remains strictly confidential.



# When?

An application must be made at least **30 days before** taking part in an event. In exceptional cases or true emergencies, a TUE may be approved retroactively.

**30 days before  
your event**

# The TUE Process

See over for  
TUE tips



- 1 Request a **TUE form** from your relevant anti-doping organization (ADO) or through ADAMS.\*
- 2 Your **physician** fills out the TUE form and you send it back to your ADO.
- 3 Once a TUE is requested, a panel of experts selected by the **ADO reviews** your request and will grant a TUE if:
  - Your health will be significantly impaired if you do not take the substance.
  - The substance does not enhance your performance beyond what brings you back to normal health.
  - There are no alternative treatments available.
- 4 The **ADO advises** if you can take the requested medication or not. In the case of a denied request, you will be informed of the reasons. You have the right to appeal the decision.

\* Who do I contact / where do I return my form?

**National-level athletes:**  
National Anti-Doping Organization (NADO)  
**International-level athletes:**  
International Federation (IF)

Find out more at [wada-ama.org](http://wada-ama.org)

# TUE tips

## during doping control

**Declare** the approved medication on your Doping Control Form.

**Specify** that a TUE has been granted.

**Show** a copy of the TUE approval to the doping control officer.

The procedures for applying for and granting a TUE are outlined in the International Standard for TUEs published by WADA. You may also contact your IF or NADO for more information.

**Note: WADA does not grant TUEs.**



In the case of any discrepancy between this information and the World Anti-Doping Code, the Code prevails. This information is subject to change at anytime. Always check with your International Federation, National Anti-Doping Organization or National Federation for the most up-to-date anti-doping regulations.

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