Therapeutic Use Exemptions
**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.

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**The TUE Process**

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.

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In exceptional cases or true emergencies, a TUE may be approved retroactively.

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

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

**International-level athletes:**
International Federation (IF)
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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