



## PHILIPPINE NATIONAL ANTI-DOPING ORGANIZATION THERAPEUTIC USE EXEMPTION COMMITTEE

### TUE APPLICATION GUIDELINES

#### (Please read before filling up the TUE Application Form)

1. When completing the TUE Application Form, please make sure that the information written is legible, preferably typed or in block letters.
2. The supporting documents to be included in the medical file must confirm the diagnosis and justify the treatment given. It must include:
  - a. Medical history and relevant physical examination
  - b. Results of laboratory tests, imaging studies and other relevant diagnostic procedures
  - c. If the doctor signing the TUE application is not the athlete's attending physician, a medical abstract from the attending physician must be included.
3. WADA has made a list of TUE Physician Guidelines and Checklists for some of the medical conditions affecting athletes which can be accessed on [www.wada-ama.org](http://www.wada-ama.org). If the TUE application is for any of the following medical conditions, please consult the Checklist provided in the website:
  - a. Attention Deficit Hyperactivity Disorder
  - b. Adrenal Insufficiency
  - c. Anaphylaxis
  - d. Asthma
  - e. Cardiovascular Disorders requiring use of Beta-blockers
  - f. Diabetes mellitus requiring use of Insulin
  - g. Inflammatory Bowel Disease requiring use of Glucocorticoids
  - h. Intravenous Infusions
  - i. Male Hypogonadism
  - j. Musculoskeletal Conditions requiring use of Glucocorticoids or Narcotics
  - k. Neuropathic Pain requiring use of Narcotics or Cannabinoids
  - l. Renal Transplantation
  - m. Sinusitis/Rhinosinusitis requiring use of Pseudoephedrine or Glucocorticoid
  - n. Intrinsic Sleep Disorders requiring use of Stimulants
  - o. Transgender Athletes
4. Illegible and incomplete applications will be returned and need to be resubmitted.
5. Decisions are normally given within 21 days of receipt of all necessary documentation.
6. Always keep a copy of your TUE application form and medical file for your records.
7. If a TUE has been granted and the athlete has been chosen for a doping test, the athlete has to inform the Doping Control Officer so that the information can be included in the Doping Control Form.