Checklist for Therapeutic Use Exemption (TUE) Application

Inflammatory Bowel Disease

Prohibited Substances: Glucocorticoids

This Checklist is to guide the athlete and their physician on the requirements for a TUE application that will allow the TUE Committee to assess whether the relevant International Standard for Therapeutic Exemptions (ISTUE) criteria are met.

Please note that the completed TUE application form alone is not sufficient; supporting documents MUST be provided. A completed application and checklist DO NOT guarantee the granting of a TUE. Conversely, in some situations a legitimate application may not include every element on the checklist.

- **TUE Application form** must include:
  - All sections completed in legible handwriting
  - All information submitted in [language(s) as per ADO preferences]
  - A signature from the applying physician
  - The Athlete’s signature

- **Medical report** should include details of:
  - Medical history, family history, relevant signs and symptoms, age of initial presentation, subsequent course of disease
  - Findings of physical examination and specific investigations (serology, radiology, endoscopy, hi-tech imaging, histology)
  - Interpretation of results by specialist physician (gastroenterologist) and application of appropriate diagnostic index (SCCAI, CDAI, HBI)
  - Use of systemic Glucocorticoids (dosage, frequency, administration route)
  - Response to treatment (control and frequency of flare-ups/remission)
  - Use of permitted immunomodulators and biologicals

- **Diagnostic test results** should include copies of:
  - Relevant laboratory tests (e.g., serology stool/hemoccult test)
  - Imaging findings (X-ray, barium enema, gastro-, entero-, colonoscopy, CT, MRI)
  - Histology test results from biopsies

- **Additional information** (if necessary)
  - [As per ADO specifications]