



## Therapeutic Use Exemption (TUE) Checklist

*Diabetes Mellitus*

Prohibited Substances: Insulin

CANADIAN CENTRE  
FOR ETHICS  
IN SPORT

CENTRE CANADIEN  
DANS LE  
SPORT  
POUR L'ÉTHIQUE

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This checklist provides the athlete and their physician with a list of requirements for a TUE application. A TUE application must include a completed form and a medical file that confirms the diagnosis and prescription. If it is not possible to submit all mandatory items on the checklist, please have the treating physician explain why.

A complete application with a medical file will be reviewed by the CCES TUE Committee to assess whether it meets the criteria of the International Standard for Therapeutic Use Exemption (ISTUE). There are no guarantees that a TUE will be granted.

When an application is submitted without a complete medical file the CCES will advise the applicant which documents are missing and ask them to submit them.

<input type="checkbox"/> <b>TUE application form</b> must include:
<input type="checkbox"/> All sections completed in legible handwriting
<input type="checkbox"/> All information submitted in English or French
<input type="checkbox"/> A signature from the prescribing physician
<input type="checkbox"/> Athlete's signature in all appropriate sections
<input type="checkbox"/> <b>A letter from the athlete's prescribing physician</b> confirming they were seen within the current year (see Annex 1 for example)
<input type="checkbox"/> <b>Medical reports</b> should include details of:
<input type="checkbox"/> Medical history: symptoms, age at onset, course of disease, start of treatment, hypoglycaemia, diabetic ketoacidosis, diabetes-related complications (where applicable)
<input type="checkbox"/> Interpretation of symptoms, signs, and test results by physician
<input type="checkbox"/> Diagnosis based on international criteria (fasting blood glucose/glucose tolerance test/A1C or random blood glucose)
<input type="checkbox"/> Type of insulin prescribed including dosage, frequency, administration route
<input type="checkbox"/> <b>Diagnostic test results</b> should include copies of:
<input type="checkbox"/> Laboratory tests (e.g., A1C profile, blood glucose)

For more information about WADA's ISTUE criteria and additional information about the documentation to be submitted, please visit [WADA'S TUE Physician Guidelines - Diabetes Mellitus](#).