

Therapeutic Use Exemption Guidelines

Acute exacerbation of asthma

UK Anti-Doping (UKAD) consistently receives Therapeutic Use Exemption (TUE) applications for the use of oral prednisolone following the exacerbation of an athlete's asthma. Many of these are not supported by the relevant information or sufficient medical documentation to allow approval.

This class of medication is only prohibited In-Competition and therefore a TUE application is only necessary if the athlete will be competing within two weeks of the final dose of prednisolone.

UKAD accepts that in many cases it is essential that the athlete begins this medication as a matter of urgency. In these circumstances an emergency TUE must be submitted immediately. Any applications made after the treatment period has been completed may not be considered.

There are other circumstances where oral prednisolone is considered a possible treatment option but is not an emergency. These TUE applications must be made in advance of commencing treatment.

All applications for the use of prednisolone in athletes' suffering from an exacerbation of asthma are expected to be supported by the following information:

1. Details of clinical examination findings including symptoms, heart rate, and respiratory rate
2. Medications tried before and leading up to prescribing oral prednisolone (including names, doses and frequency of use of each medication and whether inhaler dosages were increased before considering prednisolone)
3. The athlete's 'normal' peak flow measurements and the measurements at the time of clinical examination
4. Relevant past medical history (i.e. an outline of how the diagnosis of asthma was originally made and details of any previous exacerbations requiring hospitalisation or oral prednisolone)
5. The date the treatment with oral prednisolone began

For further information, please contact the UKAD Science and Medicine Team at tue@ukad.org.uk.