



Therapeutic Use Exemption (TUE) Checklist

Intrinsic Sleep Disorders

Prohibited Substance: Stimulants

CANADIAN CENTRE
FOR ETHICS IN SPORT

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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.

☐ TUE application form must include:
☐ All sections completed in legible handwriting
☐ All information submitted in English or French
☐ A signature from the prescribing physician
☐ Athlete's signature in all appropriate sections
☐ A letter from the athlete's prescribing physician confirming they were seen within the current year (see Annex 1 for example)
☐ Medical reports should include details of:
☐ Medical history, including comments on history of: 1. Excessive daytime sleepiness and duration 2. Cataplexy 3. Sleep behaviour/apnoeas (witnessed by partner) 4. Any medical or psychiatric conditions that could account for hypersomnia
☐ Findings on examination: 1. Assessment of neurologic and psychiatric signs/symptoms to exclude other causes 2. A negative drug screen
☐ Interpretation of symptoms, signs and test results by a specialist physician
☐ Diagnosis (must differentiate between narcolepsy, idiopathic hypersomnia, sleep apnoea and hypopnea syndrome) by a medical specialist in sleep disorders
☐ Stimulant prescribed (prohibited in-competition) including dosage, frequency, administration route
☐ Use of and response to other treatments including behavioural changes, naps, CPAP, antidepressants (not essential to have trialled prior to the use of stimulants)
☐ Diagnostic test results should include copies of:
☐ Nighttime polysomnography
☐ Multiple Sleep Latency Test
☐ Brain imaging (not mandatory)

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