



Therapeutic Use Exemption (TUE) Checklist

Polycystic Ovary Syndrome (PCOS)

Prohibited Substances: Clomiphene, letrozole

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:
☐ Family and personal history of PCOS diagnosis
☐ Menstrual history
☐ Relevant clinical symptoms (e.g., hirsutism, androgenic alopecia, acne, infertility, impaired glucose tolerance, depression, or anxiety)
☐ General physical examination including assessment of hair growth distribution and quantity, acne, blood pressure, weight, height, BMI, and pelvic examination if applicable
☐ Previous treatment(s) and response to treatment
☐ A list of past and/or current therapies
☐ Diagnostic test results should include copies of:
☐ Laboratory testing for PCOS to show biochemical hyperandrogenism
☐ Imaging findings (e.g., transvaginal ultrasound) when applicable

For more information about WADA's ISTUE criteria and additional information about the documentation to be submitted, please visit [WADA's TUE Physician Guidelines – Polycystic Ovarian Syndrome](#).