

## **UK SPORT GUIDANCE ON TUE APPLICATIONS; Attention Deficit Hyperactivity Disorder (ADHD)**

UK Sport occasionally receives Therapeutic Use Exemption (TUE) applications for the use of Methylphenidate in the treatment of Attention Deficit Hyperactivity Disorder (ADHD). Many of these are **not** supported by sufficient medical documentation to allow approval.

All applications for the use of methylphenidate in patients suffering from ADHD are expected to be supported by the following information;

- ⇒ Who made the diagnosis.
- ⇒ A thorough clinical history including the athlete age when the symptoms first presented, the initial reports and their interpretation, the laboratory testing undertaken and any family history or related diagnosis.
- ⇒ Documentation of the behavioural modifying techniques and drug holidays considered and trialled.
- ⇒ Evidence that any non-prohibited alternative treatment has been tried as a therapeutic alternative or justification provided as to why it is not appropriate to use. Atomoxetine has been identified as an alternative for some patients with ADHD.
- ⇒ Evidence of an annual review by a specialist in the management of ADHD for any athlete on continued therapy with methylphenidate.
- ⇒ Details of the clinical monitoring and evaluation in place.

Standard TUE applications are reviewed by an independent panel of three medical experts. The quantity and relevance of the supporting medical evidence will have an impact on the outcome of the application.

If the above information is received and the TUE Committee are satisfied that the application meets the criteria for granting a TUE as set out in the World Anti Doping Agency's International Standard for Therapeutic Use Exemptions, an exemption will be granted for the one off treatment course and future use may require a new application.

For further information please contact Michael Stow at [tue@uksport.gov.uk](mailto:tue@uksport.gov.uk).