

UK SPORT GUIDANCE ON TUE APPLICATIONS; Crohn's Disease

UK Sport occasionally receives Therapeutic Use Exemption (TUE) applications for the use of corticosteroids in the treatment of Chronic Inflammatory Bowel Disease (CIBD) including Crohn's disease, Ulcerative Colitis and Chronic Colitis of intermediate cause. Many of these are **not** supported by sufficient medical documentation to allow approval.

Applications for the use of corticosteroids in patients suffering from CIBD are expected to be supported by the following information;

- ⇒ Details of the investigations carried out under the supervision of a specialist gastroenterologist
- ⇒ Specialist opinion confirming diagnosis and the subsequent annual reviews.
- ⇒ Details of any routine laboratory screening to confirm the presence of the inflammation.
- ⇒ Appropriate investigations to demonstrate the specific pathological features of Crohn's disease. These may include endoscopic examination, barium enema x-ray studies, computerised tomography, virtual colonoscopy and biopsy.
- ⇒ Stool examination, sigmoidoscopy to demonstrate mucosal changes and biopsy evidence of chronic inflammation and altered mucosal vascularity for Ulcerative Colitis.
- ⇒ Relevant medical history of functional bowel disturbance and associated weight loss, anorexia and inappropriate fatigue.

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.

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