Checklist for Therapeutic Use Exemption (TUE) Application:

Sinusitis/Rhinosinusitis

Prohibited Substances: Pseudoephedrine, glucocorticoids

This Checklist is to guide the athlete and their physician on the requirements for a TUE application that will allow the TUE Committee to assess whether the relevant ISTUE Criteria are met.

Please note that the completed TUE application form alone is not sufficient; supporting documents MUST be provided. A completed application and checklist DO NOT guarantee the granting of a TUE. Conversely, in some situations a legitimate application may not include every element on the checklist.

- **TUE Application form** must include:
  - All sections completed in legible handwriting
  - All information submitted in English, French or German
  - A signature from the applying physician
  - The Athlete’s signature

- **Medical report** should include details of:
  - Medical history: exact symptoms (>2 of the following: facial pain, nasal obstruction, nasal purulence/discharge, hyposmia/anosmia), intensity (incl. improvement or worsening) and duration of symptoms in days/weeks
  - Findings on examination: congestion/obstruction, pressure pain, discharge, smell
  - Diagnosis
  - Pseudoephedrine and/or glucocorticoid dosage, frequency, administration route (both are only prohibited in-competition, glucocorticoids only when applied systemically, and pseudoephedrine if exceeding therapeutic dose of 240 mg daily or if given in an extended release format)
  - Explain why alternative non-prohibited treatment is not used/sufficient and state expected duration of treatment

- **Diagnostic test results** should include copies of:
  - Laboratory tests are not mandatory (e.g., nasal culture)
  - Imaging findings or other investigations: only chronic conditions require confirmation by CT or endoscopy