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## GUIDELINES – APPLYING FOR A THERAPEUTIC USE EXEMPTION

**\*\*ATTENTION: PRESCRIBING PHYSICIANS PLEASE READ BELOW\*\***

Occasionally, an athlete may have a condition that requires the use of medication(s) listed on the World Anti-Doping Agency's (WADA) Prohibited List. NADOMALTA can grant athletes a Therapeutic Use Exemption (TUE) in compliance with the WADA International Standard for TUEs. The TUE application process is thorough and designed to balance the need to provide athletes access to critical medication while protecting the rights of clean athletes to compete on a level playing field.

For a TUE to be approved, there must be enough information in the file for our committee of physicians to reach the same diagnosis without ever seeing the patient. A thorough clinical file is essential for NADOMALTA to defend the athlete in case a TUE is ever challenged by WADA or an International Federation. In general, all TUE applications will require the following items:

1. A complete and legible TUE Application. This can be downloaded from <https://nadomalta.org/tue-form/>
2. A **comprehensive** medical history/notes of the athlete's condition (related to the prohibited medication). The physician must make sure that all the criteria of the checklists issued by WADA related to the diagnosis of the Athlete are fulfilled and all the listed data is provided. These checklists can be downloaded from <https://nadomalta.org/tue-form/>
3. Copies of all relevant examinations and clinical notes (include laboratory/imaging results where applicable)
4. A statement from the physician outlining a medically-justifiable rationale for why the prohibited substance is needed and why permitted alternative medication/s are not appropriate. (Note: many TUEs are returned or denied because there is no documentation showing failed trials of permitted alternatives or explanation why an alternative is not feasible for treatment.)

Prohibited substances must only be administered following the granting of TUE by NADOMALTA. Retroactive TUEs should only be submitted in life-threatening situations.

### At a Glance –

1. Check if the medication is prohibited or not (The Prohibited List can be downloaded from: <https://nadomalta.org/the-prohibited-list/>). You may wish to access [www.globaldro.org](http://www.globaldro.org) for a user friendly database of all the prohibited substances. Always choose UK as the country of purchase. **DO NOT apply for a TUE if the medication is not prohibited.**
2. If the medication(s) is listed on the Prohibited List, and there are no other alternatives to it – or the other alternative(s) were not feasible, download a TUE application form from <https://nadomalta.org/tue-form/> together with the relevant checklist pertaining to the diagnosis.
3. The physician shall fill in section 2, 3 and 4 of the TUE application form. Legible handwriting is imperative (Section 2 – Diagnosis Information, Section 3 – Medication Details, Section 4 - Medical Practitioner's Declaration)
4. Medical tests referred to in the WADA checklist must be attached to the application.

Requests for further information are not intended to question or dispute your diagnosis, but rather are an attempt to ensure the athlete is fully protected by any TUE granted by NADOMALTA. We understand collecting these items can be time consuming and we apologize for any burden this places on your time or your clinic. If you have any questions or concerns regarding the TUE process, please contact NADOMALTA on 21376326 or by email on [antidoping@gov.mt](mailto:antidoping@gov.mt)