

Guidance on Therapeutic Use Exemption Applications

Adrenaline Auto-Injectors

UK Anti-Doping (UKAD) occasionally receives Therapeutic Use Exemption (TUE) applications for the use of an adrenaline auto-injector (e.g. Emerade, EpiPen, Jext). Epinephrine (adrenaline), the active ingredient of an auto-injector, is classified as a stimulant which is prohibited in-competition but permitted out-of-competition.

An adrenaline auto-injector is usually administered in an emergency. As such, an athlete does not need to apply for a retroactive TUE until such an incident occurs and only if they are competing within three (3) days of administering the injection.

Required supporting evidence

For athletes who carry an auto-injector, that is in circumstances where a known allergy exists, a retroactive TUE application for the emergency use of adrenaline must be supported with justification for the need to be prescribed with an auto-injector. An application should include:

- Records of an immunology review and results of any allergy testing undertaken to identify the anaphylaxis trigger.
- Records of any previous episodes requiring the use of an auto-injector.

Advice on travelling abroad with an adrenaline auto-injector

Athletes travelling abroad should undertake the following steps prior to travelling:

- Check whether they are permitted to possess an adrenaline auto-injector in the country they are travelling to and what they need to do to comply with the rules within that country.
- Carry a letter from their doctor which outlines the allergy and the medical need to be in possession of an auto-injector.
- Contact their International Federation to see if they are required to apply for a TUE in advance (if the athlete is due to compete in an international competition or are in the International Registered Testing Pool for their sport).

For further information, please contact the UKAD Science and Medicine team at tue@ukad.org.uk.